Summer 2006 Recreation Gulder City of Rockville • Department of Recreation Farks





Choose Your Fun!







Superintendent's Letter

Welcome!



"Choose Your Fun" ... that's the Department of Recreation & Park's slogan and invitation to get involved in recreation programs and offerings that will benefit you and your family.

Summer '06 offers participation opportunities for everyone. Sign up for the 21st Annual Rockville Rotary Twilight Runfest, visit Hometown Holidays and listen to the sounds of Blues Traveler, show your patriotism and come out for the 62nd Annual Memorial Day Parade and Independence Day Celebration. Concert goers can attend the Sunday Afternoon Concert Series and Out To Lunch Wednesdays, everyone can find those bargains at the Rockville Senior Center Spring Bazaar and Yard Sale, families can attend Kids, Parks and Performing Arts throughout the summer, and bike enthusiasts can Ride For Rockville.

This summer make a family commitment to get involved in recreation programs for the fun of it. Picnic in one of your parks, play a round of golf at RedGate Golf Course, take a dip at the Rockville Municipal Swim Center, get air at the Rockville Sk8 Park, or explore the Croydon Creek Nature Center.

Check out the many Camp and Playground offerings and get your neighbors involved in Walk Rockville and Step Up To Health programs. Don't forget, for every dollar spent on course registrations or membership pass sales you are earning Rockin' Rewards-points that pay for programs.

Have a safe and fun summer and please contact us with program ideas and suggestions.

"Choose Your Fun!"

Adulto

Sincerely,

Philip L. Bryan

Superintendent of Recreation

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LARRY GIAMMO, Mayor
Councilmembers
ROBERT E. DORSEY, SUSAN R. HOFFMANN
PHYLLIS MARCUCCIO, ANNE M. ROBBINS

SCOTT ULLERY, City Manager

Burt Hall, Director of Recreation and Parks Philip L. Bryan, Superintendent of Recreation Steve Mader, Superintendent of Parks and Facilities Main Rec. Line: 240-314-8620

Preschool

We Love Parents But...In order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Thank you for your cooperation, Registration deadline, unless otherwise noted, is two weeks before the start of the first class,

Arts/Dance/Enrichment

Discovery - Montrose

AGES 3-5 (toilet trained but not enrolled in kindergarten). Children participate in music, pretend centers, cultural activities, arts and crafts, outdoor play. Experienced staff develop programs appropriate for preschool $\,$ children, designed to focus on social & academic skills necessary for kindergarten while promoting self-confidence and individual expression. Holidays: 9/4, 9/12, 10/2, 11/7, 11/24, 11/25, 12/26, 1/1, 1/15, 1/22, 2/19, 4/2, 4/6, 4/9, 5/28. NOTE: PROGRAM STARTS AUGUST 28, 2006. LAST DAY IS JUNE 8, 2007. FIRST PAYMENT is due by AUGUST 18, 2006.

Monday-Friday

Ages: 3-5

| Course # | Day | Date | Time | Fee (R/NR) |
|--------------|------------|------------------|-------------|-----------------|
| 19485 | M-F | Aug 28-Jun 1 | 9am-12:30pm | \$4,050/\$4,650 |
| Location: Mo | ontrose Co | mmunity Center a | nd Park | |

Ages: 3-5

\$6,000/\$6,900 19486 M-F Aug 28-Jun 1 9am-3pm Location: Montrose Community Center and Park

Discovery - Twinbrook

AGES 3-5 (toilet trained but not enrolled in kindergarten). Full day care with music, pretend centers, cultural activities, arts and crafts, outdoor play. Experienced staff develop programs appropriate for preschool children, designed to promote self-confidence, individual expression and cognitive development. Snacks served. Holidays: 8/4, 8/25, 9/4, 9/12, 10/2, 11/7, 11/23, 11/24, 12/25, 12/26, 1/1, 1/15, 1/22, 2/19, 4/2, 4/6, 4/9, 5/28. NOTE: Last day is June 29. FIRST PAYMENT is due by JUNE 26 for children beginning JULY 5 and on AUGUST 21 for children beginning on AUGUST 29. For additional information call 240-314-8637.

Monday - Friday

Ages: 3-5

| Course # | Day | Date | Time | Fee (R/NR) |
|--------------|------------|------------------|-------------|-----------------|
| 19487 | M-F | Jul 5-Jun 26 | 7:30am-6pm | \$7,894/\$9,078 |
| Location: Tv | vinbrook C | ommunity Rec. Co | enter Annex | |

Music Together[™]- Adult/Child

Music Together $^{\text{TM}}$ believes that all children have an innate ability to learn music as language. Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play with parents and caregivers. Note: Program fee includes a professionally produced CD and cassette, a corresponding illustrated songbook, and parent education materials. Cost of materials is non-refundable. Siblings 8 months and under attend free (no registration).

No classes 7/5, 7/6 & 7/7

Register siblings 8 months and over in #19058, #19059, #19060 or #19061. See page 4.

Ages: 1 month - 5 years

| Course # | Day | Date | Time | Fee (R/NR |
|---------------|--------------|---------------------|---------------------|---------------|
| 19051 | W | Jun 21-Jul 26 | 9:30am-10:15am | \$104/\$119 |
| Instructor: W | inkler | | | |
| Location: Tw | rinbrook Cor | nmunity Recreat | ion Center | |
| | | | | |
| 19052 | W | Jun 21-Jul 26 | 10:30am-11:15am | \$104/\$119 |
| Instructor: W | inkler | | | |
| Location: Tw | inbrook Cor | nmunity Recreat | ion Center | |
| | | | | |
| 19053 | Th | Jun 22-Jul 27 | 9:30am-10:15am | \$104/\$119 |
| Instructor: W | | 5 dari == 5 dar = 1 | 010000111 201200111 | ¥ 10 1/ ¥ 110 |
| | | nmunity Recreat | ion Center | |
| | | | | |
| 19054 | Th | Jun 22-Jul 27 | 10:30am-11:15am | \$104/\$119 |
| Instructor: W | inkler | | | , , , |
| | | nmunity Recreat | ion Center | |
| Document 1 W | moroon cor | illitating weereas | ion contor | |
| 19055 | F | Jun 23-Jul 28 | 10am-10:45am | \$104/\$119 |
| Instructor: W | • | Jun 25-Jun 26 | 10am-10.45am | Φ104/ Φ119 |
| Location: Kie | | | | |
| Lucation; Kit | ns narate | | | |
| 10050 | | T 00 T 100 | 11 11 15 | 4104 (4170 |
| 19056 | F | Jun 23-Jul 28 | 11am-11:45am | \$104/\$119 |



Instructor: Winkler Location: Kicks Karate

Find a mistake?

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.

Preschool

Music Together - Sibling Registration

Sibling registration for Music Together classes. Must register for the correct activity below. Sibling may only be registered if his/her sibling is already registered in a Music Together class taking place at the same time and location. No class 7/5, 7/6 & 7/7.

Ages: 1 month - 5 years

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19058
 W
 Jun 21-Jul 26
 9:30am-10:15am
 \$60/\$71

Instructor: Winkler

Location: Twinbrook Community Recreation Center

19059 W Jun 21-Jul 26 10:30am-11:15am 60/571

Instructor: Winkler

Location: Twinbrook Community Recreation Center

19060 Th Jun 22-Jul 27 9:30am-10:15am 60/\$71

Instructor: Winkler

Location: Twinbrook Community Recreation Center

19061 Th Jun 22-Jul 27 10:30am-11:15am 60/\$71

Instructor: Winkler

Location: Twinbrook Community Recreation Center

19062 F Jun 23-Jul 28 10am-11:15am 60/\$71

Instructor: Winkler Location: Kicks Karate

19063 F Jun 23-Jul 28 11am-11:45am \$60/\$71

Instructor: Winkler Location: Kicks Karate

Pre-Ballet Sull

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Note: Loose-fitting clothing or leotards and tights and ballet shoes are recommended but are not required.

No class 6/24.

Ages: 3-4

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19033
 Sa
 Jun 17-Jul 22
 9am-9:45am
 \$38/\$45

Instructor: Chongpinitchai

Location: Rockcrest Ballet Center and Park

No class 6/24.

Ages: 3-4

19034 Sa Jun 17-Jul 22 11am-11:45am \$38/\$45

Instructor: Chongpinitchai

Location: Rockcrest Ballet Center and Park

Ages: 3-4

19036 Sa Jun 24-Jul 29 9:30am-10:15am \$45/\$53

Instructor: TBA

Location: Twinbrook Community Recreation Center

Ages: 3-4

19037 Sa Jun 24-Jul 29 10:30am-11:15am \$45/\$53

Instructor: TBA

Location: Twinbrook Community Recreation Center

Ages: 3-4

19031 Sa Jul 1-Aug 5 10:15am-11am \$45/\$53

Instructor: Mattos

Location: Rockville Senior Center

Ages: 4-5 No class 6/24.

19035 Sa Jun 17-Jul 22 12 noon-12:45pm \$38/\$45

Instructor: Chongpinitchai

Location: Rockcrest Ballet Center and Park

Ages: 4-5

19032 Sa Jul 1-Aug 5 11:05am-11:50am \$45/\$53

Instructor: Mattos

Location: Rockville Senior Center

Fitness/Wellness

Bugs@TheLittleGym - Adult/Child



Fitness is fun! Enjoy 9 classes of music, rhythm, and a variety of physical exercises. Meet other parents and caregivers (adult participation required) while your little ones enjoy the action. Fee includes an annual membership. (\$40 value)

Ages: 4-10 months

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19521
 M
 Jun 19-Aug 21
 11:45pm-12:30pm
 \$135/\$159

Instructor: TBA Location: The Little Gym

Funfit Tots - Adult/Child

Find out just how much fun fitness can be when you use balls, hoops, parachutes, musical instruments and more. Spend quality time with your youngster. Note: \$10 material fee due to instructor. Funfit is for the whole family. One adult must attend with child(ren), who must be walking. \$20 material fee for two or more children attending.

Ages: 1-3

19525 W Jun 21-Jul 26 4:30pm-5:15pm \$44/\$52

Instructor: Woodruff

Location: Montrose Community Center and Park

Ages: $1^{1}/_{2}-4$

19526 W Jun 21-Jul 26 5:15pm-6pm \$44/\$52

Instructor: Woodruff

Location: Montrose Community Center and Park

Main Rec. Line: 240-314-8620 • Web site. Web s

Little Ninjas



Introduce your child to Karate, taught by Tae Kwon Do teachers. Each class will begin with stretches followed by exercises and fun games that will help children learn the basics while improving their strength, flexibility, and coordination.

Ages: 3-6

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19536
 W
 Jun 21-Aug 9
 10:30am-11:30am
 \$44/\$52

Instructor: Latchinian Location: World Karate Masters

Powder Puff Basketball

Your little one will kick off the weekend with some exercise and fun! Learn the very basics of basketball-dribbling, passing and shooting-but more importantly, socialization, team work, and good sportsmanship.

Ages: 4-5

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19542
 Sa
 Jun 24-Jul 29
 9:45am-10:30am
 \$48/\$55

Instructor: TBA

Location: Twinbrook Community Recreation Center



ner Happenings

Playgrounds See page 10-12

C.L.I.C.K. See page 10

Teens On The GO See page 15

Come Out and Play See page 12

Destination Adventure See pages 8 & 14

Summer Camps See page 13

Children

A Message to Parents...We require, for most programs, that children involved be the required age as of the date of the first class. All age requirements are set to benefit the child and make instruction more consistent for the program instructor. In some instances, the requirements have been set for the child's safety. Note: Registration by Internet or phone will be accepted if the child is the appropriate age at the time of registration. If your child does not meet the age requirements by the start of class, please register by Fax, mail-in or in person. Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Arts/Dance/Enrichment **Afterschool Health & Nutrition Club**

Creating healthy minds and body will be the focus of this 4-week session. Interactive sessions will allow children to discuss the importance of health and nutrition. Children will make healthy snacks, play fitness games and exercise. Time will be allotted each day for homework, arts and crafts and individual play. NOTE: Registration begins 7/31. Register by mail, fax or in person. Children must be enrolled in the school where the program is offered. Program closed on 9/12.

Ages: 5-11

Instructor: TBA

| Course # 19488 Location: Fa | Day M-F llsmead El | Date Aug 28-Sep 22 ementary School | Time 3pm-6:30pm | Fee (R/NR) \$350/\$390 |
|-----------------------------------|---------------------------------|---|--------------------|---------------------------|
| Ages: 5-11 19489 | M-F | Aug 28-Sen 22 | 3pm-6:30pm | \$350/\$390 |

Location: Ritchie Park Elementary School

Afterschool Science & Nature Club

Astronomy, seasons, plants, animals, bubbles, crystals and much more will all be included in this 4-week interactive session. Children will participate in experiments and talk with naturalist and other professionals to learn about the many wonders in science and nature. Time will be allotted each day for homework, arts and crafts and individual play. NOTE: Registration begins 7/31. Register by mail, fax or in person. Children must be enrolled at the school where program is offered. Program closed on 10/2.

Ages: 5-11

| 11803. 0-11 | | | | |
|---------------|------------|-----------------|------------|-------------|
| Course # | Day | Date | Time | Fee (R/NR) |
| 19490 | M-F | Sep 25-Oct 20 | 3pm-6:30pm | \$350/\$390 |
| Instructor: T | BA | | | |
| Location: Fa | llsmead El | ementary School | | |

Ages: 5-11

19491 Sep 25-Oct 20 3pm-6:30pm \$350/\$390 Instructor: TBA

Location: Ritchie Park Elementary School

Afterschool Sports & Games Club



How many different kind of games do you know how to play? To promote the importance of heath, fitness and fun, this will be an opportunity for children to learn old and new games and even make up their own games too! Time will be allotted each day for homework, arts and crafts and individual play. NOTE: Registration begins 7/31. Register by mail, fax or in person. Children must be enrolled at the school where the program is offered. Program closed on 11/7.

Ages: 5-11

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|------------|-----------------|------------|-------------|
| 19492 | M-F | Oct 23-Nov 17 | 3pm-6:30pm | \$350/\$390 |
| Instructor: T | BA | | | |
| Location: Fa | llsmead El | ementary School | | |
| | | | | |
| Ages: 5-11 | | | | |
| 19493 | M-F | Oct 23-Nov 17 | 3pm-6:30pm | \$350/\$390 |
| Instructor: T | BA | | | |
| | | | _ | |

Location: Ritchie Park Elementary School

Afterschool Diversity Club

Our schools & community have students from many countries. This session will give our children opportunity to learn about different countries & cultures. Children will learn games, songs, stories & even food tasting during snack time! The arts & crafts activities will also focus on learning. Time will be allotted for homework & individual play. NOTE: Registration begins 7/31. Register by mail, fax or in person. Children must be enrolled at the school where the program is offered. Program closed on 11/23, 11/24.

Ages: 5-11

| Course # | Day | Date | Time | Fee (R/NR) |
|--------------|------------|-------------------|------------|-------------|
| 19494 | M-F | Nov 20-Dec 15 | 3pm-6:30pm | \$350/\$390 |
| Location: Fa | llsmead El | ementary School | | |
| Ages: 5-11 | | | | |
| 19495 | M-F | Nov 20-Dec 15 | 3pm-6:30pm | \$350/\$390 |
| Location: Ri | tchie Park | Elementary School | 1 | |

Main Rec. Line: 240-314-8620

Children

Early Risers Enrichment Club

This morning program gives children a chance to get to school early and parents the opportunity to get to work on time. Staff will be available to provide informal recreation activities. Children will also have time for homework assignments, have breakfast or prepare for their day at school. Note: Registration begins 7/31.

Ages: 5-11

Course # Day Date Time Fee (R/NR)
19497 M-F Aug 28-Sep 22 7:30am-8:45am \$190/\$220
Instructor: TBA
Location: Fallsmead Elementary School

Ages: 5-11

19501 M-F Aug 28-Sep 22 7:30am-8:45am \$190/\$220 Instructor: TBA

Location: Ritchie Park Elementary School

Ages: 5-11

19498 M-F Sep 25-Oct 20 7:30am-8:45am \$190/\$220 Instructor: TBA

Location: Fallsmead Elementary School

Ages: 5-11

19502 M-F Sep 25-Oct 20 7:30am-8:45am \$190/\$220

Instructor: TBA

Location: Ritchie Park Elementary School

Ages: 5-11

19499 M-F Oct 23-Nov 17 7:30am-8:45am \$190/\$220

Instructor: TBA

Location: Fallsmead Elementary School

Ages: 5-11

19503 M-F Oct 23-Nov 17 7:30am-8:45am \$190/\$220

Instructor: TBA

Location: Ritchie Park Elementary School

Ages: 5-11

19500 M-F Nov 20-Dec 15 7:30am-8:45am \$190/\$220

Instructor: TBA

Location: Fallsmead Elementary School

Ages: 5-11

19504 M-F Nov 20-Dec 15 7:30am-8:45am \$190/\$220

Instructor: TBA

Location: Ritchie Park Elementary School

Ballet for Children



Learn the art of ballet through an elementary but professional approach. Children should register for the appropriate level but may be changed at the instructor's discretion. Solid color leotard and ballet shoes are recommended but not required. Children should remain in Beginning Ballet for two years, then move to Intermediate for four years before progressing to Advanced Ballet. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the Rockcrest Ballet Center should register for the same class. If a participant registers for two or more classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Section for more classes. No class 6/24, 7/4, 8/1.

Young Beginner Ballet

Designed for Beginners, ages 5-6, with a slightly less structured approach.

Ages: 5-6

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19474
 Sa
 Jun 17-Jul 22
 10am-10:45am
 \$37/\$44

Instructor: Chongpinitchai

Location: Rockcrest Ballet Center and Park

Ages: 5-6

19473 Sa Jul 1-Aug 5 12 noon-12:50pm \$44/\$52

Instructor: Mattos

Location: Rockville Senior Center

Beginner

Beginners, Grades K-6.

Ages: 6-11

19020 W Jun 21-Jul 26 4:30pm-5:30pm \$44/\$52

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Intermediate I & II

Children ages 7 and up who have successfully completed the beginner level.

Ages: 7+

19019 M Jun 19-Jul 24 5:15pm-6:15pm \$44/\$52

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Advanced

Preparation for Pointe and Beginner Pointe.

Ages: 12+

19021 Tu Jun 20-Aug 8 5:15pm-6:15pm \$44/\$52

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Children

Rock Painting

Learn an exciting way to make your garden look alive! We'll be painting rocks with your favorite animals for you to take home. Noemie, our master rock painting volunteer, will show you the fabulous penguin, turtle and other animals she has painted and how to do them.

Ages: 8-10

Course # Fee (R/NR) Date Time Day 19417 \$10/\$12 Jun 25 12 noon-1pm

Location: Croydon Creek Nature Center

Destination: Outdoors Pre-Teens 2006

Enjoy a different adventure every day of the week! Each morning head out in a different direction to go hiking, climbing or swimming. Enjoy outdoor activities with other kids your age. A complete itinerary will be sent out two weeks prior to this camp. Note: Participants must supply their own lunch. The cost includes all equipment, leadership and transportation. Space is limited, so register early!

Ages: 9-12

| Course # | Day | Date | Time | Fee (R/NR) |
|--|------|-----------|------------|-------------|
| 18377 | M-Th | Aug 7-10 | 8:30am-4pm | \$260/\$299 |
| 18381 | M-Th | Aug 14-17 | 8:30am-4pm | \$260/\$299 |
| 18382 | M-Th | Aug 21-24 | 8:30am-4pm | \$260/\$299 |
| Depart From: Croydon Creek Nature Center | | | | |

Fitness/Wellness





Learn fundamental twirling, marching, and basic dance techniques as you have fun and get fit. Note: Batons for use in class are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. For more information, call Kristi Moore at 301-908-7214. No class 7/19.

Ages: 6-10

Course # Fee (R/NR) Date Time 19592 Jun 21-Jul 26 5pm-6pm \$30/\$35

Instructor: Moore

Location: Twinbrook Community Recreation Center

Karate - Tang Soo Do Youth



Give your child the gift of confidence! This program designed specifically for beginners only can help your child improve self-discipline, develop better concentration and even improve school grades. Note: Fee includes uniform. NO CLASSES THE WEEK OF July 4.

Ages: 4-6

Course # Fee (R/NR) Day Date Time 19530 M & W Jun 19-Jul 26 4:50pm-5:20pm \$85/\$100 Instructor: TBA

Location: Kicks Karate

Ages: 4-6

19531 Tu & Th Jun 20-Aug 3 6:10pm-6:40pm \$85/\$100

Instructor: TBA

Location: Kicks Karate

Ages: 7-12

19532 \$95/\$112 M & W Jun 19-Jul 26 4pm-4:50pm

Instructor: TBA Location: Kicks Karate

Ages: 7-12

19533 Tu & Th Jun 20-Aug 3 6:40pm-7:30pm \$95/\$112

Instructor: TBA Location: Kicks Karate

Karate Kids

Learn the fundamentals of Tae Kwon Do, including a variety of basic kicks, blocks and punches. The martial artist's attitude of discipline, respect and self-control is stressed. Wear loose, comfortable clothes.

Grade: 1-7

Course # Day Fee (R/NR) Date Time 19534 Jun 21-Aug 9 \$44/\$52 4pm-5pm

Instructor: Latchinian

Location: World Karate Masters

Pee Wee Tennis



Introduce your child to the basics of tennis in a noncompetitive atmosphere. The 'Mr. Pee Wee Tennis' program uses scaled-down tennis equipment (provided) including racquets, balls and nets. Learn the game of tennis in a fun and rewarding way using a smaller court size. Call weather line at 240-314-5023 for status of class.

Ages: 5-6

Course # **Date** Fee (R/NR) 19023 Jun 28-Jul 19 4:30pm-5:15pm \$31/\$37 Instructor: Russell

Location: Woodley Gardens Park

Ages: 6-7

19024 Jun 28-Jul 19 5:30pm-6:15pm \$31/\$37

Instructor: Russell

Location: Woodley Gardens Park



Main Rec. Line: 240-314-8620

Children

Soccer - Skills



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as the basic concepts for strategy and teamwork. Scrimmages are included. Bring a water bottle. Note: Shin guards are required for the class. Call the weather line at 240-314-5023 for status of class.

Ages: 5-7

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|-----------|---------------|----------------|------------|
| 19547 | Th | Jun 22-Jul 27 | 4:30pm-5:20 pm | \$48/\$55 |
| Instructor: C | rrell | | | |
| Location: Ca | lvin Park | | | |

Ages: 6-8

19604 Th Jun 22-Jul 27 5:30pm-6:20 pm 48/55

Instructor: Orrell Location: Calvin Park

Sports Kids New Step University

Enjoy learning a variety of sports such as street hockey and flag football. Basic skills will be taught in a fun environment that promotes teamwork, sportsmanship and self esteem. Come join the fun as you become more fit and have a chance to meet new friends. Bring a water bottle to class. No class 7/4.

Ages: 5-7

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|------------|--------------|---------------|------------|
| 19593 | Tu | Jun 20-Aug 1 | 5:30pm-6:30pm | \$48/\$55 |
| Instructor: C | aswell | | | |
| Location: Ki | ng Farm Pa | ark | | |

T-Ball Skills



Youngsters will enjoy this fun and active class as they learn the fundamentals of catching, throwing, batting and fielding. Note: Bring a mitt and water bottle to class. Call the weather line at 240-314-5023 for status of class.

Ages: 5-7

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|------------|---------------|--------------|------------|
| 19550 | Sa | Jun 24-Jul 29 | 10am-10:50am | \$48/\$55 |
| Instructor: C | rrell | | | |
| Location: Ki | ng Farm Pa | ırk | | |

Ages: 5-7

19594 Sa Jun 24-Jul 29 11am-11:50am \$48/\$55

Instructor: Orrell

Location: King Farm Park

Tennis for Children



Lessons for beginners emphasize fundamentals: grip, stance, forehand, backhand and rules. Advanced Beginners work on serve, strategy, etc. Intermediate players work on approach shots, return of serves, lobs and overheads. Note: Participants must bring a racquet. Balls are provided. Call the weather line at 240-314-5023 for status of class. No class 7/1.

Ages: 6-8

| Course # | Day | Date | Time | Fee (R/NR) |
|----------------|-------------|------------------|----------------|------------|
| 19559 | W | Jun 28-Aug 2 | 9:30am-10:20am | \$49/\$55 |
| Instructor: Pu | | 5 uii 25 iiu 5 2 | 0,000 | 4 20/ 400 |
| Location: Dog | gwood Park | | | |
| | | | | |
| Ages: 7-10 | | | | |
| 19560 | Sa | Jun 24-Jul 29 | 9:30am-10:20am | \$41/\$46 |
| Instructor: Pu | 1 | | | |
| Location: Kin | g Farm Park | ζ | | |
| | | | | |
| Ages: 7-10 | | | | |
| 19561 | Th | Jun 29-Aug 3 | 5:30pm-6:20pm | \$49/\$56 |

19561 Th Jun 29-Aug 3 5:30pm-6:20pm \$49/\$50

Instructor: Pu

Location: Woodley Gardens Park

Soccer Co-Recreational League

Modified Rules. Reduced field size. One practice per week. Registration deadline: June 29 2006 for ALL participants. Practices will begin in mid August. League play begins September 9. Participants must reside or attend a school within the corporate limits of the City of Rockville.

Tiny Kicks

Boys and Girls born in 2000 and/or in 1st grade This division features a $4 \times 4 \times 4$ concept designed for greater participant involvement. Players play on a small, modified field with four team members on each side. Ages: 6-7

| Course # | Day | Date | Time | Fee (R/NR) | | |
|--|-----|--------------|---------|------------|--|--|
| 19078 | Sa | Sep 9-Oct 14 | 9am-5pm | \$41/\$51 | | |
| Location: Broome Gym and Athletic Park | | | | | | |

Pee Wees

| Boys and G | irls born in | 1998, 1999 and/or | 2nd-3rd grade | |
|-------------|--------------|-------------------|---------------|-----------|
| Ages: 7-8 | | | | |
| 19079 | Sa | Sep 9-Oct 14 | 9am-5pm | \$41/\$51 |
| Location: I | Broome Gyn | and Athletic Park | | |

Bantams

| Boys and | Girls born in | 1996, 1997 and/or | 4th-5th Grade | | |
|---|---------------|-------------------|---------------|-----------|--|
| Ages: 9-10 |) | | | | |
| 19080 | Sa | Sep 9-Oct 28 | 9am-5pm | \$41/\$51 | |
| Location: Mark Twain School Athletic Park | | | | | |

Midgets

| Boys and G | irls born in | 1993, 1994, 1995 aı | nd/or in 6th, | 7th and 8th Grades | | |
|---|--------------|---------------------|---------------|--------------------|--|--|
| Ages: 11-13 | | | | | | |
| 19081 | Sa | Sep 9-Oct 28 | 9am-5pm | \$41/\$51 | | |
| Location: Mark Twain School Athletic Park | | | | | | |

Children Playgrounds

'Hot Fun in the Summer Sun!' The City of Rockville is offering Summer Playgrounds again this season at 10 neighborhood parks. Each location is staffed with energetic, creative, dedicated recreation leaders experienced with school-aged children. One-time fee for the summer. A perfect complement to our other summer offerings! This is an outdoor, Step-Up-To-Health activity! Children may drop-in for special theme days, sports, arts and crafts, games, weekly swim trips and more! Resident Family Rate (\$150.00) available by mail, fax or in-person for Rockville residents with 3 or more children who register from and reside in the same household. Note: Playgrounds closed 7/4, 7/18, 8/4. Children age 5 accepted IF entering 1st grade in fall 2006. Send or bring proof of age. 12 year olds also accepted. Online registrations no longer accepted once program begins 6/26. Call 240-314-8633 for more information.

Beall Playground

| Ages: | 6-1 | 12 |
|-------|-----|----|
| | | |

Ages: 6-12 19453

Ages: 6-12 19454

Ages: 6-12 19455 M-F

M-F

Woodley Gardens Playground

M-F

Twinbrook Playground

| Course # 19446 | Day M-F | Date Jun 26-Aug 3 | Time 9:30am-3:30pm | Fee (R/NR \$55/\$179 | | |
|---------------------------|-------------------|-----------------------------|------------------------------|-------------------------|--|--|
| Elwood Smi | th Playgro | ound | | | | |
| 19447 | M-F | Jun 26-Aug 3 | 9:30am-3:30pm | \$55/\$179 | | |
| King Farm I | Playground | d | | | | |
| 19448 | M-F | Jun 26-Aug 3 | 9:30am-3:30pm | \$55/\$179 | | |
| Lakewood F Ages: 6-12 | Playground | I | | | | |
| 19449 | M-F | Jun 26-Aug 3 | 9:30am-3:30pm | \$55/\$179 | | |
| Lincoln Par | k Playgrou | ınd | | | | |
| Ages: 6-12 19450 | M-F | Jun 26-Aug 4 | 9:30am-3:30pm | \$55/\$179 | | |
| Maryvale Pl Ages: 6-12 | layground | | | | | |
| 19451 | M-F | Jun 26-Aug 3 | 9:30am-3:30pm | \$55/\$179 | | |
| Montrose P Ages: 6-12 | layground | | | | | |
| 19452 | M-F | Jun 26-Aug 3 | 9:30am-3:30pm | \$55/\$179 | | |
| Potomac Woods Playground | | | | | | |

Jun 26-Aug 3

Jun 26-Aug 3

Jun 26-Aug 3

9:30am-3:30pm

9:30am-3:30pm

9:30am-3:30pm

\$55/\$179

\$55/\$179

\$55/\$179

Playgrounds - CLICK

Creative Learning In Crafts for Kids is part of our 2006 Summer Playgrounds 'Hot Fun in the Summer Sun!' program. It is a six-week series of arts and crafts workshops for ages 3-5. Parents/Guardians are encouraged to register for C.L.I.C.K., bring children to their local Playground location, and assist them in exploring their creativity and imaginations. Recreation leaders skilled in arts and crafts will share stories and lead activities during a one-hour activity time, 1 day each week between 11 a.m. and 12 noon. Check your playground for week-day Monday-Wednesday or Thursday. One-time fee for the summer. For information call 240-314-8633.

| Beall CLICK-Monday Ages: 3-5 | | | | | |
|---------------------------------|-----------|---------------|--------------|------------|--|
| Course # | Day | Date | Time | Fee (R/NR) | |
| 19463 | M | Jun 26-Jul 31 | 11am-12 noon | \$15/\$20 | |
| Elwood Smi | ith CLICK | -Thursday | | | |
| 19464 | Th | Jun 29-Aug 3 | 11am-12 noon | \$15/\$20 | |
| King Farm (| CLICK-We | dnesday | | | |
| 19465 | W | Jun 28-Aug 2 | 11am-12 noon | \$15/\$20 | |
| Lakewood (Ages: 3-5 | CLICK-Mo | nday | | | |
| 19466 | M | Jun 26-Jul 31 | 11am-12 noon | \$15/\$20 | |
| Lincoln Par Ages: 3-5 | k CLICK-V | Vednesday | | | |
| 19467 | W | Jun 28-Aug 2 | 11am-12 noon | \$15/\$20 | |
| Maryvale Cl Ages: 3-5 | LICK-Thu | rsday | | | |
| 19468 | Th | Jun 29-Aug 3 | 11am-12 noon | \$15/\$20 | |
| Montrose C Ages: 3-5 | LICK-Mor | nday | | | |
| 19469 | M | Jun 26-Jul 31 | 11am-12 noon | \$15/\$20 | |
| | oods CLIC | CK-Wednesday | | | |
| Ages: 3-5 19470 | W | Jun 28-Aug 2 | 11am-12 noon | \$15/\$20 | |
| Twinbrook CLICK-Thursday | | | | | |
| Ages: 3-5 19471 | Th | Jun 29-Aug 3 | 11am-12 noon | \$15/\$20 | |
| • | ırdens CL | ICK-Thursday | | | |
| Ages: 3-5 19472 | Th | Jun 29-Aug 3 | 11am-12 noon | \$15/\$20 | |

Children

Playgrounds - Swim

A refreshing addition to the Rockville 2006 Playgrounds 'Hot Fun in the Summer Sun!' experience. Sign up to attend supervised weekly swim times at the Rockville Swim Center. One-time fee for the summer. Buses pick up, and return to, the local playgrounds. Lessons not included. Children must be registered Summer Playground participants to sign up for Playground Swim. For information, call 240-314-8633.

Beall Swim-Thursdays

| Ages: 6-12 Course # 19475 | Day Th | Date Jun 29-Aug 3 | Time 10am-12 noon | Fee (R/NR) \$20/\$25 | | | | | |
|--|---|-----------------------------|--------------------------|-------------------------|--|--|--|--|--|
| Elwood Smit Ages: 6-12 | Elwood Smith Swim-Wednesdays Ages: 6-12 | | | | | | | | |
| 19476 | W | Jun 28-Aug 2 | 10am-12 noon | \$20/\$25 | | | | | |
| King Farm Sv Ages: 6-12 | wim-Monda | ays | | | | | | | |
| 19477 | M | Jun 26-Jul 31 | 10am-12 noon | \$20/\$25 | | | | | |
| Lakewood Sv Ages: 6-12 | vim-Thurso | lays | | | | | | | |
| 19478 | Th | Jun 29-Aug 3 | 10am-12 noon | \$20/\$25 | | | | | |
| Lincoln/Isrea | ıl Swim-Th | ursdays | | | | | | | |
| Ages: 6-12 19479 | Th | Jun 29-Aug 3 | 10am-12 noon | \$20/\$25 | | | | | |
| Maryvale Sw | im-Wedne | sdays | | | | | | | |
| Ages: 6-12 19480 | W | Jun 28-Aug 2 | 10am-12 noon | \$20/\$25 | | | | | |
| Montrose Sw Ages: 6-12 | vim-Thursd | ays | | | | | | | |
| 19481 | Th | Jun 29-Aug 3 | 10am-12 noon | \$20/\$25 | | | | | |
| Potomac Wo Ages: 6-12 | ods Swim- | Wednesdays | | | | | | | |
| 19482 | W | Jun 28-Aug 2 | 10am-12 noon | \$20/\$25 | | | | | |
| Twinbrook S Ages: 6-12 | Twinbrook Swim-Mondays | | | | | | | | |
| 19483 | M | Jun 26-Jul 31 | 10am-12 noon | \$20/\$25 | | | | | |
| Woodley Gar Ages: 6-12 | dens Swim | -Thursdays | | | | | | | |
| 19484 | Th | Jun 29-Aug 3 | 10am-12 noon | \$20/\$25 | | | | | |



Team Sports See page 59

Football League See page 54

Kids Parks Performing Arts See page 43

Much Ado About Nothing See page 43

Sizzling Sampler See page 41

Playgrounds

PARENTS: IMPORTANT DATES

Playgrounds Opening Day (9:30 am-3:30 p.m.)

Mon June 26

Playgrounds Closed

Tue July 4

Bowling Trips (Each Site goes once)

Fri Jul 7 or Jul 14

Come Out and Play (5:30-8:30p.m.) (Playground sites closed during day)

Tue Jul 18

Six Flags Trip

Fri Jul 21

Sports Fest Day

Wed July 29

Playgrounds Closing Day

Thu Aug 3

Registration

- Pre-registration is encouraged. Registrations not accepted at Playground sites.
- Children should be registered at the location in their neighborhood.
- Must register by mail, fax or in-person for family rate.
- Must be registered for Playground to register for Playground Swim.

Program

- The Summer Playgrounds Program is a drop-in recreation program designed for neighborhood children. Note: This is not a child-care program.
- A Check-In/Check-Out Sheet is provided at each location.
- Children are expected to be capable of following directions and guidelines.
- The participant-to-staff ratio may fluctuate up to 15 children to one leader.
- Transportation to and from playground is a parental responsibility.

General information

- Playgrounds open daily 9:30 a.m.-3:30 p.m. Younger children are encouraged to go home for breaks. Older children may bring lunch and drink. No glass containers please. Refrigeration may NOT be available.
- Free breakfast/lunch program offered at selected sites in co-sponsorship with MCPS Food Service Division-Summer Feeding Program. Not available at all sites. Check with your Playground Director after Opening Day.
- Playgrounds will close and children will be sent home during severe weather conditions (i.e. extreme heat, lightening, unhealthy air quality) and/or emergencies. Call 240-314 5023 for information on inclement weather closings.

CITY OF ROCKVILLE • DEPARTMENT OF RECREATION AND PARKS

COME OUT AND PLAY

WITH ROCKVILLE PLAYGROUNDS!

Tuesday, July 18

Twinbrook Community Recreation Center

12920 Twinbrook Parkway

5:30 - 8:30 p.m.

This Year's Theme is "HOT FUN IN THE SUMMER SUN"

Bring the whole family, and join the neighborhood kids again this summer for a Fun-Filled evening of Carnival Games, Moon Bouncing, Talent Skit Presentations, Jokes and more!!!

Contact: Karen Rawlins - Playgrounds Supervisor

(Phone) 240-314-8633 • (FAX) 240-314-8659

(E-mail) krawlins@rockvillemd.gov

SUMMER CAMPS Kids just want to have fun!

Listed are camps that have spaces available (at time of print.) For more information visit www.rockvillemd.gov, call 240-314-8620 or drop by City Hall.

| Session I • June 19- June | e 30 | BETR Science | 18288 | Sports of all Sorts | 18359 |
|-------------------------------------|---------------------|-----------------------------------|-----------------------|-------------------------------------|--------|
| Camp Name Co | urse# | In-Line & Skateboarding (7/3-7/7) | 18495 | U.K. Elite Soccer (Juniors) | 18364 |
| Ballet | 18282 | In-Line & Skateboarding (7/1-7/14 | ·) 18496 | U.K. Elite Soccer (Nippers) | 18366 |
| Camp Quest | 18290 | Quest | 18291 | U.K. Elite Soccer (Petite) | 18369 |
| Clinic: Basketball (6/19-6/23) | 18 4 91 | Clinic: Field Hockey | 18487 | U.K. Elite Soccer (Youth/Teen) | 18370 |
| Clinic: Basketball (6/26-6/30) | 18492 | Clinic: Lacrosse (Beginner) | 18486 | | |
| Clinic: Cheerleading (6/19-6/23) | 18295 | Explorers | 18311 | Session 4 • July 31 - Augu | ıst 4 |
| Clinic: Cheerleading (6/26-6/30) | 18296 | Gymnastics | 18315 | | urse # |
| Clinic: Tennis (6/19-6/23) | 18484 | Kaleidscope | 18325 | Creative Crafts | 18946 |
| Clinic: Tennis (6/26-6/30) | 18 4 85 | Kamparama (Iweek) | 18329 | Explorers | 18313 |
| Creative Crafts: | 18298 | Kid*Netic | 18335 | Gymnastics | 18317 |
| Derek Hacopian Baseball (6/19-6/23) |) 1830 4 | Multi-Sports | 18341 | In-Line & Skateboarding | 18499 |
| Derek Hacopian Baseball (6/26-6/30 | 0) 18305 | Soccer | 18356 | Kaleidoscope | 18327 |
| Explorers | 18310 | | | Kid*Netic | 18337 |
| In-Line & Skateboarding (6/19-6/23) | | Session 3 • July 17 – July | 28 | Multi-sports | 18343 |
| In-Line & Skateboarding (6/26-6/30) | | Camp Name Co | urse # | Sports of all Sorts | 18360 |
| Kaleidoscope | 18322 | Basketball | 18285 | Yoga Kids | 18540 |
| Kid*netic | 18334 | BETR Computer | 18287 | | |
| Multi-Sports Tennis and Games | 18338 | BETR Science | 18289 | Session 5 • August 7- Aug | ust II |
| Soccer Camp | 18355 | Creative Crafts | 18302 | | urse # |
| Tennis & Swim (6/19-6/23) | 18472 | Explorers | 18312 | In-Line & Skateboarding (8/7-8/II) | 18500 |
| Way Off Broadway | 18372 | Gymnastics | 18316 | In-Line & Skateboarding (8/14-8/18) | 18501 |
| | | In-Line & Skateboarding (7/17-7/2 | I) 18 4 97 | In-Line & Skateboarding (8/21-8/25) | 18502 |
| Session 2 • July 3 – July | 14 | In-Line & Skateboarding (7/24-7/2 | 28) 18498 | U.K. Elite Soccer (Juniors) | 18365 |
| Camp Name Co | urse # | Kaleidoscope | 18326 | U.K. Elite Soccer (Nippers) | 18367 |
| Ballet | 18 4 90 | Kid*Netic | 18336 | U.K. Elite Soccer (Youth/Teen) | 18371 |
| B 1 1 11 | 10004 | N4 1 1 C | 102.42 | ` ' | |

Teens

Basketball

Arts/Dance/Enrichment Babysitting Skills for Teens

The skills taught in this course: responsibilities of a good sitter, questions to ask parents, first-aid information, toy safety, characteristics of different age groups and specific care needed for an infant, are helpful to children of all ages who are interested in childcare. The legal age for babysitting is 13, however this is a terrific class for preteens who are interested in being a mother's helper or aide. A certificate is awarded upon successful completion of course.

18284

Multi-Sports

Ages: 11+

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|--------|---------|------------|------------|
| 19585 | F | Jun 2-9 | 5:45pm-8pm | \$38/\$44 |
| Instructor: C | larver | | | |

Location: Twinbrook Community Recreation Center

Ballet for Teens

18342



Students with five or more years of experience are welcome to join this class and learn advanced ballet techniques. Students with demonstrated proficiency are encouraged to register with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, registration must be handled by mail, fax or in-person. See Adult Ballet and Children Ballet for more classes.

Advanced Ballet

Advanced Ballet Pointe.

Ages: 12+

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|-------|---------------|------------|------------|
| 19022 | W | Jun 21-Jul 26 | 5:45pm-7pm | \$44/\$52 |
| Instructor: M | angan | | | |

Location: Rockcrest Ballet Center and Park

Teens

Chat Room

This after-school program for grades 6, 7 and 8 has received rave reviews from its members and parents. Participants enjoy computers with Internet access, Sony Playstation, billiards, games, sports, table tennis, clubs, computer games, field trips, craft projects and, of course, homework time! Daily attendance is encouraged but not required. Transportation provided from Julius West and Robert Frost middle schools. Note: Program runs Monday through Friday, 3-6 p.m. On half-days of school, 12 noon-6 p.m. Program is closed on holidays or on days when MCPS schools are closed.

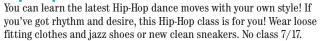
Grade: 6-8

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|----------|---------------------|-------------|-------------|
| 19460 | M-F | Aug 28-Dec 22 | 3pm-6pm | \$357/\$446 |
| Location: Elw | ood Smit | th Recreation Cente | er and Park | |

Grade: 6-8

Aug 28-Jun 29 3pm-6pm \$660/\$825 Location: Elwood Smith Recreation Center and Park

Hip-Hop Dance



Ages: 12-16

| Course # | Day | Date | Time | Fee (R/NR) |
|----------|-----|---------------|---------|------------|
| 19371 | M | Jun 19-Jul 31 | 6pm-8pm | \$42/\$49 |

Instructor: Tinoco-Lluveras

Location: Twinbrook Community Recreation Center

Destination: Outdoors Pre-Teens 2006

Enjoy a different adventure every day of the week! Each morning head out in a different direction to go hiking, climbing or swimming. Enjoy outdoor activities with other kids your age. A complete itinerary will be sent out two weeks prior to this camp. Note: Participants must supply their own lunch. The cost includes all equipment, leadership and transportation. Space is limited, so register early!

Ages: 9-12

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|---------|-----------------|------------|-------------|
| 18377 | M-Th | Aug 7-10 | 8:30am-4pm | \$260/\$299 |
| 18381 | M-Th | Aug 14-17 | 8:30am-4pm | \$260/\$299 |
| 18382 | M-Th | Aug 21-24 | 8:30am-4pm | \$260/\$299 |
| Donant From | Crowdon | Crook Noture Co | nton | |

Depart From: Croydon Creek Nature Center

Destination: Outdoors Teens 2006

Enjoy a different adventure every day in this exciting end-of-the-summer program. Each morning you'll head out in a different direction to go hiking, tubing, climbing or swimming. A complete itinerary will be sent out two weeks prior to this camp. Note: Participants must supply their own lunch. The cost includes all equipment, leadership and transportation. Space is limited, so register early!

Ages: 12-15

| Course # | Day | Date | Time | Fee (R/NR) |
|----------|------|-----------|------------|-------------|
| 18379 | M-Th | Aug 14-17 | 8:30am-4pm | \$260/\$299 |
| 18380 | M-Th | Aug 21-24 | 8:30am-4pm | \$260/\$299 |

Depart From: Croydon Creek Nature Center

Fitness/Wellness

Climbing for Teens

Have your own night at the climbing gym! Take a short safety and belay lesson from our staff and then we'll set you free to scale the walls! You can try out some new moves and experience the hot sport of climbing! We have all the equipment you need-just make sure to tell a friend! Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

Ages: 12-18

| Course # | Day | Date | Time | Fee (R/NR |
|----------------|-----------|-------|---------|-----------|
| 19570 | Th | Jul 6 | 7pm-9pm | \$20/\$25 |
| Location: Clin | mbing Gyı | m | | |

Teen Volleyball New

Enjoy a fun approach to learning basic volleyball skills. Through simple drills and games, a variety of skils will be taught including passing, setting, hitting and serving. Basic offensive and defensive strategies will be introduced. Teamwork, sportsmanship and respect will be emphacized throughout the class.

Ages: 11-14

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|-----|---------------|---------|------------|
| 19591 | Th | Jun 22-Jul 27 | 6pm-7pm | \$44/\$52 |
| Instructor: C | han | | | |

Location: Twinbrook Community Recreation Center



Main Rec. Line: 240-314-8620

Teens On The Go

3 STEPS TO A SUMMER OF FUN

Step One: Sign Up

TEENS On The Go is a summer program for youth, in grades 6-12, held Monday-Friday, from 10 a.m.-5 p.m.

(Hours vary depending on the trip destination.) Teens will be picked-up and dropped-off daily at Julius West Middle School to attend various recreational trips and events.

In order to participate in the Teens on the Go Trips & Swim Day you MUST FIRST REGISTER AS A MEMBER FOR THE SUMMER, this is a one time fee.

| Course # | Day | Date | Time | Fee (R/NR) |
|----------|------|---------------|----------|------------|
| 19385 | Tu-F | Jun 27-Aug 11 | 10am-5pm | \$30/\$40 |

TEENS ON THE GO - SWIM DAY (MONDAYS)

Enjoy seven Mondays of fun in the sun at the Rockville Municipal Swim Center. Bring lunch/snack, towel and sunscreen. Note: You must register for TEENS On The GO Program to participate.

| Course # | Day | Date | Time | Fee (R/NR) |
|----------|-----|--------------|-------------|------------|
| 19386 | M | Jun 26-Aug 7 | 12 noon-6pm | \$35/\$40 |

Step Two: Register for the Trips:

| Trip Date | Course # | Trip | Time | Cost (R/NR) | Deadline |
|------------|----------|--|------------|-------------|-----------------|
| Tu June 27 | 19405 | Splashdown Water Park | 10am-5pm | \$35/\$43 | June 13 |
| W June 28 | 19406 | Go-Karts, Rock-Wall, Mini Golf & Arcades | 10am-5pm | \$30/\$40 | June 13 |
| Th June 29 | 19407 | Six Flags America | 10am-7pm | \$35/\$40 | June 13 |
| F June 30 | 19408 | Dave & Busters, Lunch & Movie | 10am-5pm | \$20/\$25 | June 13 |
| W July 5 | 19397 | White Water Rafting & Lunch | 12noon-7pm | \$55/\$65 | June 20 |
| Th July 6 | 19400 | Frederick Keys Baseball Game | 10am-5pm | \$20/\$25 | June 20 |
| F July 7 | 19398 | Kings Dominion | 9am-8pm | \$39/\$45 | June 20 |
| Tu July 11 | 19399 | Laser Tag, Ropes Course, Mini Golf & Arcades | 10am-5pm | \$25/\$35 | June 27 |
| W July 12 | 19409 | Ocean City Day Trip & Jolly Rogers Park | 8am-10pm | \$55/\$65 | June 27 |
| Th July 13 | 19410 | Pottery, Lunch & Movie | 10am-5pm | \$20/\$29 | June 27 |
| F July 14 | 19411 | Paintball & Lunch | 10am-5pm | \$40/\$50 | June 27 |
| Tu July 18 | 19392 | Bowling, Lunch & Movie | 10am-5pm | \$21/\$26 | July 3 |
| W July 19 | 19393 | Washington Mystics Basketball Game & Lunch | 10am-4pm | \$25/\$35 | July 3 |
| Th July 20 | 19394 | Busch Gardens | 8am-10pm | \$49/\$59 | July 3 |
| F July 21 | 19395 | Baltimore Aquarium & ESPN Zone Lunch | 11am-5pm | \$20/\$25 | July 3 |
| Tu July 25 | 19389 | Go-Karts, Rock-Wall, Mini Golf & Arcades | 10am-5pm | \$30/\$40 | July 10 |
| W July 26 | 19390 | Kings Dominion | 9am-8pm | \$39/\$45 | July 10 |
| Th July 27 | 19396 | Nationals Baseball Game | 11am-5pm | \$20/\$25 | July 10 |
| F July 28 | 19391 | Splashdown Water Park | 10am-5pm | \$35/\$43 | July 10 |
| Tu Aug 1 | 19412 | Dave & Busters, Lunch & Billiards | 10am-5pm | \$20/\$25 | July 17 |
| W Aug 2 | 19387 | White Water Rafting & Lunch | 12noon-7pm | \$55/\$65 | July 17 |
| Th Aug 3 | 19388 | Bowie Baysox Baseball Game | 10am-4pm | \$20/\$25 | July 17 |
| F Aug 4 | 19413 | Laser Tag, Ropes Course, Mini Golf & Arcades | 10am-5pm | \$25/\$35 | July 17 |
| Tu Aug 8 | 19401 | Paintball & Lunch | 10am-5pm | \$40/\$50 | July 24 |
| W Aug 9 | 19402 | Ocean City Day Trip & Jolly Rogers Park | 8am-10pm | \$55/\$65 | July 24 |
| Th Aug 10 | 19403 | Six Flags America | 10am-7pm | \$35/\$40 | July 24 |
| F Aug 11 | 19404 | Bowling, Lunch & Movie | 10am-5pm | \$21/\$26 | July 24 |
| | | | | | |

Trip Notes:

- All Trips will be held Rain or Shine, except for Monday Swim Days. Call the Office for Updates 240-314-8644.
- Trips may be cancelled due to insufficient registration, a cancellation letter will be mailed one week prior to the trip date.
- Detailed trip information will be mailed a week prior to the trip date, if you do not receive a letter call 240-314-8634.

Step Three: Meet us at Julius West Middle School on the Day of the Trip and be Ready for some FUN

Family

Climbing for Children and Parents

Children will be taught the basics of climbing and climbing safety, while parents are taught to belay. This course will provide necessary instruction to allow parents to bring their children to Open Climbing nights. All equipment is provided. Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

Ages: 7-12

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19574
 M
 Jul 10
 7pm-9pm
 \$35/\$39

Location: Climbing Gym

Geocaching 101

Ever thought of yourself as a treasure hunter? Well if you have, then this class is just right for you. Come learn what a GPS is, actually use one, and learn from an experienced geocacher how to find hidden messages in the 120 acre John G. Hayes Forest Preserve that surrounds Croydon Creek Nature Center. We will be outside most of the time so dress for the weather. If you own one, bring your own GPS.

Ages: 10+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19087
 Sa
 Aug 5
 10am-11am
 \$10/\$12

Location: Croydon Creek Nature Center

Basic Walking for Fun & Fitness

This clinic will cover techniques that will allow you to participate in fitness walking while avoiding injuries. Topics include how many times per week, how long and how far, proper use of the arms, stride, length and selection of footwear.

Ages: 18+

Course #DayDateTimeFee (R/NR)19612WJun 287pm-9pmFree

Instructor: Gallardo

Location: Rockville Senior Center



Rockville Sister City Corp.

Sister Cities with Pinneberg, Germany Since 1957 Building Friendships Across the Sea

Join Today!

Individual \$15
Family Memberships only \$25

Call 240-314-5029 for more information.

http://www.rocknet.org/community/sistercities/index.html



Hometown Holidays See page 45

Farmer's Market See page 56

Out to Lunch See page 47

Rotary Twilight Runfest See page 57

4th of July Celebration See the Back Cover

Patio Performances See page 42

Main Rec. Line: 240-314-8620

Adults

Arts/Dance/Enrichment

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes.

Beg./Ages 13+

Ages: 13+

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|--------|---------------|---------------|------------|
| 19009 | M | Jun 19-Jul 24 | 6:15pm-7:30pm | \$44/\$52 |
| Instructor: M | Iangan | | | |

Location: Rockcrest Ballet Center and Park

Intermediate/Ages I3+

Ages: 13+

 $19008 \hspace{1.5cm} \text{Th} \hspace{1.5cm} \text{Jun } 22\text{-Jul } 27 \hspace{0.5cm} 7\text{:} 45 \text{pm-9pm} \hspace{0.5cm} \$44/\$52$

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Adv./Ages I3+

No class 7/4 & 8/1.

Ages: 13+

19006 Tu Jun 20-Aug 8 6:30pm-7:45pm \$44/\$52

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

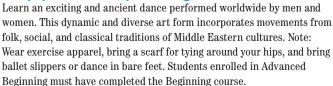
Ages: 13+

19007 Th Jun 22-Jul 27 6:30pm-7:45pm \$44/\$52

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Belly (Mid Eastern) Dancing



Beginner

Ages: 14+

Course # Day Date Time Fee (R/NR) 19010 Th Jun 22-Jul 27 7pm-8pm \$44/\$52

Instructor: Amara

Location: Twinbrook Community Recreation Center

Ages: 14+

19366 Tu Jul 11-Aug 15 7:30pm-8:30pm \$44/\$52

Instructor: Basane

Location: Rockville Senior Center

Advanced Beginner

Ages: 14+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19011
 Th
 Jun 22-Jul 27
 8pm-9pm
 \$44/\$52

Instructor: Amara

Location: Twinbrook Community Recreation Center

Belly Dance Aerobics New

Belly dance is a fun, low-impact, cardiovascular workout! It promotes abdominal strength, proper alignment, and flexibility. This class takes basic belly dance moves and turns them into a fast-paced, cardio workout. Participants should have knowledge of the basic belly dance steps (experience in Beginner or Advanced Beginner recommended). Comfortable clothing, such as leotard, tights, or draw-string pants, and flexible exercise shoes recommended

Ages: 16+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19361
 Tu
 Jul 11-Aug 15
 8:30pm-9:30pm
 \$44/\$52

Instructor: Basane

Location: Rockville Senior Center

Cooking - Knife Skills

Learn the proper way to hold, sharpen and care for your knives. Discuss the different types of knives and tasks on which they work best. Learn the basic French cuts from fine brunois to large dice and how to break down a whole chicken. Note: Bringing your own knife is optional but encouraged. Participation class. \$5 food fee payable to instructor. Refund requests considered only if received 4 or more days prior to class.

Ages: 18+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19606
 F
 Jun 16
 7pm-10pm
 \$40/\$47

Instructor: Ferguson

Location: Rockville Senior Center

Cooking - Sushi Made Easy

Sushi is not as hard as it looks. Impress your next cocktail party guests with a tray of fresh homemade sushi. Learn how to purchase sushi fish and other ingredients. Make rice, maki (rolls) and nigiri (traditional sushi). Participation class. Note: \$10 food fee payable to instructor at class. Refund requests only considered if received 4 or more days prior to class

Ages: 16+

Instructor: Ferguson

Location: Rockville Senior Center

Adults

Dogs - Basics and Beyond



Instructor will address common undesired behaviors and show owners positive ways to change them. Use basic obedience - sit, down, stand, stay-and innovative techniques to resolve problems and manage your dog. Resolve problems such as pulling on the leash, biting, grabbing treats, jumping and others.

Ages: 6+ months

Course # Day Date Time Fee (R/NR) 19364 Jul 1-Jul 29 9am-10am \$43/\$51

Instructor: Zicht

Location: Rockville Senior Center

Hip-Hop Dance for Adults



Hip-Hop dancing is not just for the very young. Adults can benefit from an aerobic workout while learning the latest Hip-Hop dance moves and listening to the sounds of the street. If you've got rhythm and you know what's up (or just interested in knowing), this class is for you! Note: Wear loose fitting clothing and tennis shoes. No class 5/29.

Ages: 16+

| Course # | Day | Date | Time | Fee (R/NR) |
|----------|-----|---------------|---------------|------------|
| 19042 | M | Jun 19-Jul 24 | 7:15pm-8:15pm | \$42/\$49 |

Instructor: Tinoco-Lluveras

Location: Twinbrook Community Recreation Center

Fitness/Wellness

Cardio Tennis New

Get a great aerobic workout, burn calories and hit a lot of tennis balls all at the same time. Class consists of a 10 minute warm up, followed by a 40 minutes of cardio activity and a 10 minute cool down. To gain maximum benefits, register for the class based on your experience and fitness level. Bring a water bottle to class.

Beginner/Novice

A workout for participants who have less tennis experience with tennis strokes and foot work. Running drills and basic stroking drills that keep you moving on the court.

Ages: 16+

Course # Date Time Fee (R/NR) 19589 Sa Jun 24-Jul 29 9:00am-9:50am \$62/\$73

Instructor: Prasert

Location: Glenview Mansion

Intermediate to Advanced Level

A workout for participants who are comfortable with all tennis strokes. Running and stroking drills against the instructor and other participants.

Ages: 16+

Course # Date Time Fee (R/NR) 19590 Sa Jun 24-Jul 29 8:00am-8:50am \$62/\$73

Instructor: Prasert

Location: Glenview Mansion

Climbing for Adults - Beginner

Spend an evening learning the climbing basics and proper belay techniques. Work with experienced climbers who will show you movements for climbing and bouldering. Once you catch on you'll be ready for Open Climbing Nights on Tuesdays at the gym. All equipment is provided. Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

Ages: 18+

Course # Day Date Time Fee (R/NR) 19568 Jul 24 7pm-9pm \$20/\$25

Location: Climbing Gym

Fat Burning Aerobics



Shape up in this new high energy workout that is fun, effective and open to all fitness levels. Just the right intensity will help burn fat and calories to help you look your best. Body toning, stretching, legs and ab exercises will be included. Wear comfortable clothing and bring a water bottle, towel or mat and light weights to class.

No class 7/2. Ages: 16+

Course # Day Date Time Fee (R/NR) 19524 Jul 8-Aug 12 8:15am-9:15am \$34/\$39 Sa

Instructor: Ponce

Location: Twinbrook Community Recreation Center

azzercise



The original dance exercise phenomenon! Each 60-minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. The routines are fun and easy to follow. Bring weights to class. No class 7/3.

Ages: 16+

Fee (R/NR) Course # Day Time Date 19528 Jun 26-Jul 31 6:30pm-7:30pm \$30/\$35 Instructor: Shenk

Location: Julius West Middle School

Ages: 16+

19529 Jun 28-Aug 2 6:30pm-7:30pm \$36/\$42

Instructor: Shenk

Location: Julius West Middle School

Kick Boxing



This aerobic-type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout.

Ages: 14+

Course # Fee (R/NR) Day Time 7:30pm-8:30pm 19535 Tu Jun 19-Aug 14 \$54/\$64

Instructor: Latchinian

Location: World Karate Masters

Adults

Nia - Movement/Fitness



If you are looking for a new way to relax, stay fit and enjoy life just a little bit more, find out what Nia can do for you. It is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. Note: All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat.

Ages: 16+

 Course # Day
 Date
 Time
 Fee (R/NR)

 19326
 W
 Jun 21-Jul 26
 6:30pm-7:45pm
 \$56/\$66

Instructor: Liss

Location: Rockville Senior Center

Pilates



Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Note: Appropriate for all fitness levels. Bring a mat to class.

Ages: 16+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19539
 W
 Jun 21-Jul 26
 6:30pm-7:30pm
 \$59/\$69

Instructor: Hallman

Location: Twinbrook Community Recreation Center

Ages: 16+

19538 W Jun 21-Jul 26 7:30pm-8:30pm \$59/\$69

Instructor: Hallman

Location: Twinbrook Community Recreation Center

Self-Defense for Women



Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and self-defense. No class July 4.

Ages: 15+

Course #DayDateTimeFee (R/NR)19544TuJun 20-Aug 298:30pm-9:30pm\$55/\$65Instructor: LatchinianLocation: World Karate Masters

Slimnastics



Shape up and increase your flexibility and muscles with well-planned isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. There is no running or jumping involved. Note: Bring a mat. If a participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person.

No class 7/3. Ages: 15+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19546
 M
 Jun 19-Aug 14
 10am-11am
 \$46/\$52

Instructor: Creamer

Location: Twinbrook Community Recreation Center

REP Reebok



Enjoy a simple and effective way to improve strength and definition of muscle groups. Pre-choreographed workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform and free weights are used. Note: Steps are provided. No class July 4.

Register for all three of the following classes and receive a \$7 discount: #19548, #19543, and #19565.

Ages: 15+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19565
 Tu
 Jun 20-Aug 1
 6:20pm-7:20pm
 \$48/\$54

Instructor: Quintiere

Location: Rockville Senior Center

Ages: 15+

19543 Th Jun 22-Aug 3 6:15pm-7:15pm \$56/\$63

Instructor: Quintiere

Location: Rockville Senior Center

Step Aerobics



For that extra fitness push, join us in a low-impact cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout. Recommended for intermediate and advanced levels. No class July 4.

Ages: 15+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19548
 Tu
 Jun 20-Aug 1
 5:15pm-6:15pm
 \$48/\$54

Instructor: Quintiere

Location: Rockville Senior Center

Tae Kwon Do

This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do.

Ages: 15+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19551
 Th
 Jun 22-Aug 24
 8pm-9pm
 \$55/\$65

Instructor: Latchinian Location: World Karate Masters

T'ai Chi Ch'uan



Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, you will tone your sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Ages: 18+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19549
 W
 Jun 21-Aug 23
 7:45pm-8:45pm
 \$63/\$74

Instructor: Tuanmu

Location: Rockville Senior Center

Adults

Tennis for Adults - Beginner



Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring are taught. Note: Bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class. No class 7/3.

Ages: 16+

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|-----------|---------------|------------|------------|
| 19553 | M | Jun 19-Jul 31 | 6pm-6:50pm | \$49/\$55 |
| Instructor: F | arish | | | |
| Location: Do | owood Par | k | | |

Ages: 16+

19600 W Jun 21-Jul 26 7:30pm-8:20pm \$49/\$55

Instructor: Prasert

Location: Woodley Gardens Park

Tennis for Adults - Intermediate



For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy in singles and doubles are taught. (NTRP Rating 3.0-3.5) Note: Bring a racquet; balls are provided. Call the weather line at 240-314-5023 for status of class. No class 7/3.

Ages: 16+

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|-----------|---------------|------------|------------|
| 19555 | M | Jun 19-Jul 31 | 7pm-7:50pm | \$49/\$55 |
| Instructor: P | arish | | | |
| Location: Do | gwood Par | k | | |

Ages: 16+

19556 W Jun 21-Jul 26 6:30pm-7:20pm \$49/\$55

Instructor: Prasert

Location: Woodley Gardens Park

Tennis for Adults - Adv. Int.



For the player who easily can sustain a rally at moderate pace but lacks variety in shot making. Learn spin, second serve, drop shots and more advanced drills for lobs and overheads. Hand signals for doubles, alternate formations in doubles and attacking volleys are taught. (NTRP rating 3.5-4.0). Note: Bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

Ages: 16+

| Course # | Day | Date | Time | Fee (R/NR) |
|---------------|-------|---------------|------------|------------|
| 19552 | Th | Jun 22-Jul 27 | 6pm-6:50pm | \$49/\$55 |
| Instructor: P | arish | | | |

Instructor: Parish Location: King Farm Park

Yoga - Beach Warrior New



Yoga poses held long develops long, lean muscle for the summertime. Focus on building stamina and deep knowledge of basic poses. Suitable for fit beginners - all levels of flexibility. Must be injury free and may not take the class if you are pregnant.

Ages: 16+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19090
 Sa
 Jun 24-Jul 22
 2:30pm-3:45pm
 \$53/\$63

Instructor: Dodson

Location: Rockville Senior Center

Yoga - Beginner and Continuing



Energize the body, balance the emotions, focus the mind and renew the spirit after a busy workday by learning this gentle flowing style of movement. Learn how to increase your flexibility, strength and agility through breath work, visualization and block-release movements. Note: All levels are welcome. Bring a sticky mat and a small blanket.

No class 7/4 & 7/18.

Ages: 12+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 18991
 Tu
 Jun 27-Aug 29
 7pm-8pm
 \$68/\$79

Instructor: Smith

Location: Twinbrook Community Recreation Center

Yoga - Introduction Workshop New



Are you looking to be healthier and manage your weight better this summer? Learn how yoga can help you live a more relaxed fit life. Students will learn breathing techniques, physical postures and be guided to link the mind, body and breathe in a fun and open environment. Discover how yoga can benefit you personally and leave the workshop with more tangible information and experience to know if a yoga program is right for you.

Ages: 14+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19599
 Th
 Jun 22
 7pm-9pm
 \$25/\$29

Instructor: Bowen Location: Thrive

Yoga - Gentle Hatha Beginner/Continuing



Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for beginning and continuing yoga students, people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a mat to class. No class 7/27.

Ages: 16+

 Course #
 Day
 Date
 Time
 Fee (R/NR)

 19013
 Th
 Jun 22-Aug 10
 7:30pm-8:45pm
 \$69/\$81

Instructor: Dodson

Location: Rockville Senior Center

Main Rec. Line: 240-314-8620

Adults

Yoga - Strength, Wholeness and Health



Enjoy a powerful and effective workout in this form of yoga. Vigorous stretches and held postures alternate with breathing, relaxation and visualization. This is specially suited for busy people who want to stay calm, bright and centered in a high-energy world. Note: Bring a sticky mat and a blanket to class.

No class 7/4. Ages: 16+

| Course # | Day | Date | Time | Fee (R/NR) |
|--------------|------|---------------|------------|------------|
| 19014 | Tu | Jun 20-Aug 15 | 7pm-8:15pm | \$68/\$80 |
| Instructor D | ref: | | | |

Instructor: Ruffieux

Location: Elwood Smith Recreation Center and Park



Join us and experience the core strengthening exercises of Pilates combined with Yoga postures. This will give you a terrific energizing workout for both your mind and body. Bring a mat and a towel to class. No class 6/27, 7/3, 7/4, 7/25.

Ages: 16+

| Course # | Day | Date | Time | Fee (R/NR) |
|----------------|----------|---------------|---------|------------|
| 19015 | M | Jun 19-Aug 14 | 8pm-9pm | \$62/\$73 |
| Instructor: Ho | urihan | | | |
| Location: King | g Farm C | ommunity Room | | |

Ages: 16+

19016 \$54/\$64 Tu Jun 20-Aug 15 8pm-9pm

Instructor: Hourihan Location: King Farm Community Room

Ages: 16+

19017 Jun 21-Jul 26 12 noon-1pm \$47/\$55

Instructor: Hourihan

Location: Twinbrook Community Recreation Center



Trips White Water Rafting

Experience the whitewater in wild, wonderful West Virginia. We'll spend the morning rafting down the Shenandoah River near Harper's Ferry and picnic on the river. All equipment is provided and an outfitter will guide each raft. Cost includes outfitter fees, guide in each raft, shuttle, equipment, picnic lunch, transportation and leadership. Register by: 5/20.

Ages: 7+

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|-------------|-----------|------------|------------|
| 18913 | Sa | Jun 3 | 7:30am-3pm | \$82/\$102 |
| Depart From | · Rockville | City Hall | | |

Nighttime Kayak/Canoe

Celebrate the beginning of summer with a twlight paddle on the Potomac. We'll pack up our canoes and kayaks at Jack's Boathouse in Georgetown and begin a leisurely hour on the river. Afterwards, explore the shops and restaurants of the area. The cost includes boat rental fee, transportation, and leadership. Register by: 5/28.

Ages: 10+

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|-------------|-------------|----------|------------|
| 18914 | F | Jun 9 | 5pm-10pm | \$30/\$38 |
| Depart From | : Rockville | e City Hall | | |

Sail into the Mystic

Enjoy the peacefulness of the Chesapeake Bay as the sun sets. The romance and tranquility of this 44' sailing vessel are amazing. Experience one of the many fine restaurants in Annapolis, then meet at the boatyard for a 3-hour sailing adventure on the bay. Dress warmly and comfortably. Cost includes transportation, boat, captain, and leadership. Register by

Ages: 18+

| Course # | Day | Date | Time | Fee (R/NR) |
|----------------------------------|-----|--------|----------|------------|
| 18917 | Sa | Jun 17 | 4pm-11pm | \$59/\$74 |
| Depart From: Rockville City Hall | | | | |

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list (adding classes, etc.) If any openings become available, we will then go to the waiting list to fill the class.

Adults

Appalachian Trail Hiking Series

Families and individuals can catch a glimpse of the area's history and folklore while enjoying these outings. The Maryland section of the Appalachian Trail has been divided into segments for day hikes. Participants must be able to hike at least two miles over rocky hills without a break and complete the distance indicated. Earn a certificate and patch after hiking all sections in the series. For more information, call 240-314-8641.

AT #2: High Rock to Route 77

See Buzzard's Knob outcroppings, eat a packed lunch at Little Antietam Creek, scramble over Devils Racecourse rock formations and pass a spruce forest. This portion of the Appalachian Trail features six and a half miles of moderate terrain with some hills. Cost includes leadership and transportation. Register by: 5/10.

Ages: 10+

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|-------------|-----------|---------|------------|
| 18920 | Sa | May 20 | 8am-5pm | \$36/\$45 |
| Depart From | · Rockville | City Hall | | |

AT #3: Route 77 to Route 40

See the remains of the Black Rock Hotel, a 1900's gambling house. After lunch at Black Rock, hike on to the panoramic view and see the freshwater springs at Annapolis Rocks. This 9.4-mile hike covers moderately difficult terrain with steep and rocky areas. Register by 6/13.

Ages: 10+

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|--------------|-------------|---------|------------|
| 18921 | Su | Jun 25 | 8am-6pm | \$36/\$45 |
| Depart From | ı: Rockville | e City Hall | | |

AT #4: Route 40 to Reno Monument

Explore a beautiful stretch of the AT on this 7-mile hike over moderate terrain. Hike through Washington Monument State Park and the site of Civil War battles. Register by: 7/13.

Ages: 10+

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|--------------|-------------|---------|------------|
| 19566 | Su | Jul 23 | 8am-5pm | \$36/\$45 |
| Depart From | ı: Rockville | e City Hall | | |

AT #5: Reno Monument to Gathland

This hike takes you along the ridge top and through the 'Blair Witch Project' filming ground. This is the shortest, and easiest hike in the series at 6.5 miles over moderate but rocky terrain. Register by: 8/17.

Ages: 10+

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|--------------|-------------|---------|------------|
| 19567 | Su | Aug 27 | 8am-5pm | \$36/\$45 |
| Depart Fron | n: Rockville | e City Hall | | |

C&O Canal Bike Series

Bike the entire 184 miles of the C&O Canal from Cumberland to Georgetown in one-day trips. Earn a patch and a certificate after completing all seven segments. Enjoy spectacular views and biking on flat terrain. Don't be fooled, you still must be in good physical condition for this ride through history. Note: Participants under 18 years old must be accompanied by an adult. For more information, call 240-314-8641.

C&O #2 - Paw Paw Tunnel to Hancock

This 32-mile stretch begins at the historic Paw Paw Tunnel that took 14 years to build! We'll stop for lunch in Little Orleans and end in the Hancock, where you can visit the C&O Canal Visitor's Center. The cost includes leadership and transportation of you and your bike. Register by: 6/26.

Ages: 10+

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|--------------|-------------|---------|------------|
| 19580 | Sa | Jul 8 | 8am-6pm | \$34/\$42 |
| Depart From | n: Rockville | e City Hall | | |

C&O #3 Hancock to Williamsport

This 30-mile bike ride will have you cruising through historical sites and beautiful scenery. Bike from Hancock to Fort Frederick State Park and finish the ride in Williamsport. Cost includes transportation of you and your bike, and leadership. Register by: 7/21.

Ages: 10+

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|--------------|-------------|---------|------------|
| 19578 | Su | Aug 6 | 8am-6pm | \$34/\$42 |
| Depart Fron | n: Rockville | e City Hall | | |

May is Bike Month in Rockville

Bike to Work Day

Friday, May 19

2 Pit stops in Rockville and many more throughout the area! Participants receive free T-shirts, prizes, refreshments and a chance to win a bicycle! (See waba.org for details)

Ride for Rockville

Sunday, May 28

Two rides for all ages!

- 10-Mile "Family Fun" Ride
- 25-Mile "Neighborhood Discovery" Tour

25-mile ride starts at 8 a.m. 10-mile ride starts at 8:30 a.m. Registration open: 7:30 a.m.

Registration Fee:

| Early-registration | Pre-registration | Day of Ride |
|-----------------------|-----------------------|-----------------------|
| (Received by May 10) | (Received by May 26) | (May 28) |
| \$25/Adult \$15/child | \$35/Adult \$25/child | \$45/Adult \$30/child |

Main Rec. Line: 240-314-8620

Adults

Women on the Move

If you are a woman over age 30 and would like to participate in activities without the pressure to 'keep-up' with those half your age...you are a candidate for Women on the Move. Each season, trips are geared toward novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8641.

Sail, Snack, and Shop

Stretch out your sea legs ladies! Explore the historic Annapolis Harbor and Chesapeake Bay on board the beautiful 74-foot Schooner Woodwind. Raise the sails, steer the boat, or just sit back, relax and let the crew do all the work. After an afternoon sail, a late lunch or snacks are on your own at any of the local restaurants/stops around the Annapolis Dock. Cost includes sailing, transportation, and leadership. Register by: 5/9.

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|------------|-------------|---------------|------------|
| 18899 | Su | May 21 | 2:30pm-9:30pm | \$62/\$77 |
| Donant Enor | Doolers!11 | City II all | | |

Depart From: Rockville City Hall

Evening Paddle on the Potomac

Paddle into the sunset at Jack's Boat under the Key Bridge in Georgetown, A one-hour leisurely trip around Roosevelt Island will work up an appetite for a dinner in Georgetown. Cost includes transportation, leadership and canoe or kayak rental. Dinner is on your own. Register by:

Ages: 30+

| Course # | Day | Date | Time | Fee (R/NR) |
|-------------|------------|-------------|----------|------------|
| 19582 | F | Jul 21 | 5pm-10pm | \$30/\$38 |
| Depart From | : Rockvill | e City Hall | | |



RedGate Municipal Golf Course Green fees and Discount Specials See pages 46 & 55

Twinbrook Community Recreation Center Programs Partners in Learning Literature Club See page 51

Lincoln Park Recreation Center Programs Lunchtime Kickball See page 50

Skate Park See page 58

Seniors

Aging Information, Services and Support:

The community may obtain information, services and support related to aging issues by calling 240-314-8810.

Rockville Senior Center

Social, recreational, educational, fitness and wellness programs are offered at this multipurpose center.

Monday-Friday 8:30 a.m. - 5 p.m. Saturday 8:30 a.m. - 1 p.m.

The Rockville Senior Center provides a central location for many programs, activities, and services offered to Rockville senior adults, 60 years of age and older. To participate, senior adults must be residents of the City or members of the Rockville Senior Center.

\$25 Residents \$125 Nonresidents and \$65 Spouse

Additional \$25 per person for Fitness Membership. For more information, call the Senior Center Office at 240-314-8800. For directions, call 240-314-5019. For bus transportation call 240-314-8810.

Transportation: 240-314-8810

- Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate based on income and family size.
- Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips.
 Reservations are required.
- Mall Shopping: Call 240-314-8810 two days in advance to reserve a seat on the bus. Free

Washingtonian Center: 9/18

Lakeforest Mall: 7/17

Westfield Montgomery Mall: 8/21 Westfield Wheaton Mall: 6/5

Rentals: 240-314-8801

Tucked away in a quiet Rockville neighborhood, the Rockville Senior Center offers rooms of various sizes for your special event. The Center can accommodate many uses from a small birthday party for 10 to a fully catered wedding reception for 150. The rates are very affordable and include savings packages for rentals of six or more hours in length.

Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

- 1. Discounts do not apply to the activities appearing in the senior section.
- 2. Discounts do not apply to trips.
- 3. For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
- 4. For more information, call 240-314-8800.
- 5. Discounts are not available on rock enroll

| Activity Fee | Discount | Activity Fee | Discount |
|--------------|----------|--------------|-------------|
| \$5 | \$ I | \$20.02-\$40 | \$6 |
| \$5.01-\$10 | \$2 | \$40.01-\$60 | \$10 |
| \$10.01-\$20 | \$3 | \$60.01-\$80 | \$14 |

Senior Assistance Fund: 240-314-8810

Financial assistance for senior classes, day trips, and Senior Center membership is available. You must meet age and income guidelines.

Meal Program: 240-314-8810

- Daily Lunch Program: Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.38.
 Reservations are required.
- Carnation Supper Club: Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations.

Suburban Hospital HeartWell Program

If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. This program helps teach individuals how to manage their symptoms and reduce hospital admissions. A registered nurse is at the Senior Center on Mon., Wed. and Fri. She will see walk-ins from 9-11 a.m. and will have appointments in the afternoon. Call for appointment: 301-610-0143.

Senior Center: 240-314-8800

Seniors

Arts/Dance/Enrichment

A Life of My Own: Eleanor Roosevelt New

Meet Eleanor Roosevelt thru actress Linda Kenyon who has an uncanny resemblance to the former first lady. Through humor and poignant historical quotes, the play takes place on a train ride and traces the public and not so public life of Eleanor while chatting with an imaginary stranger. Join us for this Montgomery County Senior's Theatre production.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|------------|--------|-----------------|------------|
| 19069 | Tu | Jun 13 | 10:30am-12 noon | \$4/\$7 |
| Location: A | zalea Room | | | |

All Season Angels New

Honor your friends and family with the gift of an Angel suitable for year round wear. Learn to make a lapel angel of lace which worn on the shoulder will shower the wearer with good luck. Make a couple in class and take home directions and materials to make more for gifts for all occasions.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|------|--------|--------------|------------|
| 19083 | Th | Jul 20 | 10am-12 noon | \$5/\$7 |
| Instructor: | Beck | | | |

Location: Arts and Crafts Room

Big Band Swing New

All the great orchestras and their hits! Goodman, Dorsey, Miller, Shaw, Ellington (and many more) playing the songs that define the dancing era. Come swing with us!

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|-----------|--------|------------|------------|
| 19381 | M | Jul 24 | 1pm-2:30pm | \$2/\$4 |
| Location: A | zalea Roo | m | • | |

Bilingual Singers

Like to sing and eager to meet others? Join our volunteer leader, Teresa Harn, for a high-spirited morning of music. All types of music will be incorporated in both English and Chinese. No experience is needed.

| Course # | Day | Date | Time | Fee |
|--------------|-----------|--------------|----------------|------|
| 19330 | F | Jun 9-Jul 28 | 9:30am-10:45am | Free |
| Location: Be | oard Room | | | |

Birthday and Anniversary Parties

Mark your calendar! Celebrate summer birthdays and anniversaries with great entertainment and light refreshments.

July Birthday and Anniversary Party

Sponsored By: Isabel Simmons Entertainment by: Yankee Doodle Dandy-Jack Stanton

| Course # | Day | Date | Time | Fee (M/NM) |
|--------------------------|-----|-------|------------|------------|
| 19048 | W | Jul 5 | 1:30pm-3pm | Free |
| Location: Carnation Room | | | | |

August Birthday and Anniversary Party

Sponsored by: This Could Be You! Entertainment by: Jamie Turner, Glass Harpist

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-----|-------|------------|------------|
| 19049 | W | Aug 2 | 1:30pm-3pm | Free` |

Classical Music Appreciation New

Explore the many facets of classical music and the work of the talented composers who created so much of the music we enjoy.

Magic of Overture

While the overture is usually written as an introduction to a larger work such as an opera, many are written as stand alone pieces. Music will be by von Suppe, Rossini, Mozart and others.

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-----|--------|------------|------------|
| 19064 | W | Jun 21 | 1pm-2:30pm | Free |

Music of Spain

Spanish music has captivated millions through song and dance. Much of the music has been passed down as lore via country festivals and the like. Much of the popular Spanish style comes from composers like Bizet and Rimsky, however we will also hear from Spain's own superstar, and master of the guitar, Joachin Rodrigo.

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-----|--------|------------|------------|
| 19065 | W | Jul 19 | 1pm-2:30pm | Free |

Romance of the Violin

The words 'romance and serenade' are actually used for titles of violin pieces. Most composes had an instrument of choice, yet three of the greatest violin concertos ever written were by composes who favored other instruments. Hear experts from Beethoven, Mozart and others.

| Course # Day 19066 W | Date Aug 16 | Time 1pm-2:30pm | Fee (M/NM) Free |
|-------------------------|-----------------------|---------------------------|--------------------|
| Instructor: Stein | | | |
| Location: Azalea Room | | | |

Seniors

Comparison of Bethesda with Chevy Chase New

Local historian, Bill Offutt, a retired MCPS History and English teacher and local author will discuss the development of the Bethesda and Chevy Chase suburban communities. As a member of the Montgomery County Historical Society, Bill regularly speaks with groups throughout the county and you won't want to miss this enlightening and informative discussion.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|------------|-------|-----------------|------------|
| 19380 | F | Aug 4 | 10:30am-11:30am | Free |
| Location: A | zalea Room | _ | | |

Computers - Beginners Introduction

This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Note: Monday class meets 10 a.m.-2 p.m. Tuesday & Thursday class meets 10:30 a.m.-12 noon. Upon completion of this series you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series.

| Course # | Day | Date | Fee (M/NM) |
|-------------|-------------|-----------------|------------|
| 19313 | M, Tu & Th | Jul 10, 25 & 27 | \$5/\$7 |
| 19314 | M, Tu & Th | Aug 14, 29 & 31 | \$5/\$7 |
| 19315 | M, Tu & Th | Sep 11, 26 & 28 | \$5/\$7 |
| Location: (| omnuter Lah | - / | , |

Location: Computer Lab

Computers - Clarify Concepts

Now that you have completed Computers-Beginners Introduction, you are ready to learn what comes next. Join us as you continue to learn how to use a computer.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|----------|-------|--------------|------------|
| 19316 | W | Aug 9 | 10am-12 noon | \$6/\$8 |
| 19317 | W | Sep 6 | 10am-12 noon | \$6/\$8 |
| Instructor: | Conway | - | | • |
| Location: 0 | Computer | Lab | | |

Computers - Fonts

Are you still using only one or two fonts? WINDOWS includes numerous styles of print figures and symbols. Learn how to find and mix fonts, symbols, sizes, and colors of print for all your correspondence.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|----------|--------|---------|---|
| 19505 | Th | Aug 17 | 1pm-3pm | \$6/\$ \text{\ti}}\text{\ti}}\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\texi{\text{\texi}\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\texi}\text{\text{\text{\texi}\text{\text{\text{\text{\text{\text{\texi}\text{\text{\texi}\tex{\texit{\text{\text{\text{\text{\texi}\tint{\text{\texi}\te |
| Instructor: | Martin | _ | | |
| Location: (| Computer | Lab | | |

Computers - HELP and More

Still puzzled? Join us for more instruction and assistance. Learn how to use the keyboard in conjunction with the mouse and how to use the Windows HELP. Now you don't have to remember everything you learn in class.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|--------|---------|---------|---|
| 19509 | Tu | Sept 19 | 1pm-3pm | \$6/\$ \text{\ti}}\text{\tin}\text{\texi}\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\texi}\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\texi}\text{\text{\tex{\texit{\text{\text{\text{\text{\text{\texi}\text{\text{\texi}\ti |
| Instructor: | Martin | | | |

Computers - More Keyboard and Mouse

This class is for students who would like to have further instruction and assistance using the computer keyboard and mouse. Prerequisite: Beginners Introduction to Computers

| Course # | Day | Date | Time | Fee (M/NM) | |
|--------------------|----------|--------|---------|------------|--|
| 19506 | Tu | Jul 25 | 1pm-3pm | \$6/\$8 | |
| Instructor: Martin | | | | | |
| Location: C | Computer | Lab | | | |

Computers - Save and Find Documents

Are you having trouble finding your documents after you've saved them? Find simple ways to create and name your own folders to save documents. Learn how to make or copy files from folder to folder and how to make external back-ups.

| Course # | , | Date | Time | Fee (M/NM) |
|--------------|------------|--------|---------|------------|
| 19507 | Tu | Aug 15 | 1pm-3pm | \$6/\$8 |
| Instructor: | Martin | | | |
| Location: Co | mputer Lab | | | |

Computers - Use & Demo of a DVD Burner

Join us to learn how to format CD's and DVD's for saving files and how to make copies of CD's and DVD's for back-up. Note: \$5 materials fee payable to instructor at class.

| Course # 19312 | Day W | Date Jul 19 | Time 1pm-3pm | Fee (M/NM) \$6/\$8 | |
|------------------------|-----------------|-----------------------|------------------------|-----------------------|--|
| Instructor: Bender | | | | | |
| Location: Computer Lab | | | | | |

Computers - Virus Protection & Removal

Virus, spies, hackers and Trojan Horses! What are they? What do they do? How do you avoid them? A complete explanation of how your computer is vulnerable to attack and the easy steps you can take to protect it and yourself from information leaks. Note: \$5 materials fee payable to the instructor includes a CD Rom with programs you can use to keep your computer free from infection.

| Course # | Day | Date | Time | Fee (M/NM) | |
|--------------------|-----|--------|---------|------------|--|
| 19311 | M | Jul 31 | 1pm-3pm | Free` | |
| 19323 | Tu | Sep 12 | 1pm-3pm | Free | |
| Instructor: Bender | | | | | |

Location: Computer Lab

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Senior Center: 240-314-8800

Seniors

Computers - Windows XP

Microsoft's operating system is more than just a means to boot up your computer. Explore the power of the most frequently used and least understood software on your computer. Note: \$10 manual fee payable to instructor at class.

Course #DayDateTimeFee (M/NM)19319M & WJul 24-Aug 210am-12 noon\$35/\$43Location: Computer Lab

Computers - Word Perfect

Learn the basics and the advantages of Word Perfect over other word processing programs. Learn to create labels, letterhead, logos, mail merge and other word processing functions. Note: \$5 materials fee payable to instructor. Prerequisite: Computer Essentials

 Course #
 Day
 Date
 Time
 Fee (M/NM)

 19310
 M & W
 Sep 18-20
 10am-12 noon
 \$18/\$22

 Instructor: Bender

Location: Computer Lab

Counseling & Support for Spanish Speaker

Do you feel lonely, sad, or depressed? Join our drop-in group and discuss topics of interest to you. This program will meet on the 4th Thurs. each month and will be in Spanish. Presented by Affiliated Sante' Group. Class will meet July 27, Aug 24, Sept 28.

Course #DayTimeFee (M/NM)19596Th11am-12noonFreeLocation: Azalea Room

Digital Photo - Beginners

Digital cameras are really mini computers. Join us and learn the functions of the camera's menu system. Then we will use the camera in auto mode and produce images that are worthy of display. Emphasis will be on composition. Note: Bring a digital camera. You must be familiar with the manual.

Course #DayDateTimeFee (M/NM)19320Tu & ThJul 11-181pm-3pm\$35/\$43Location: Computer Lab

Digital Photo - Intermediate

Further use of camera capabilities will be explored as we discuss additional menu items, shoot close-up images, use depth of field capabilities, investigate lighting techniques, the use of proprietary camera functions and understand how to improve our photo by using the built in camera flash. A critique of assignments will take place at the start of each session. Bring a digital camera.

 Course #
 Day
 Date
 Time
 Fee (M/NM)

 19321
 M & W
 Aug 2-9
 1pm-3pm
 \$35/\$43

Instructor: Bender Location: Computer Lab

Digital Photography Editing

What do you do after taking a picture? Learn how to correct composition, color quality, resolution, contrast, brightness, hue, content and the use of layers. Synchronize your monitor with your printer for perfect prints. Bring sample photos on a floppy disk or a chip. Student photos will be printed.

Course # Day Date Time Fee (M/NM) 19322 Tu & Th Sep 12-21 10am-12 noon \$45/\$56 Instructor: Bender Location: Computer Lab

Don't Stub Your Toes On Your Memories New

Downsizing your home doesn't have to be as daunting as you may think. Come learn from Anna Derry of Great Expectations Estate Sales. She can give you tips on how to get started and answer questions on how to make this difficult transition more manageable.

Course #DayDateTimeFee (M/NM)19422WAug 1610:15am-11:15amFreeLocation: Azalea Room

Drum Circle Demonstration New

A drum circle is a rhythm-based event where a diverse group of individuals and instruments are used in a group music making experience. Drum circles are commonly used for social gatherings and to promote wellness. Come and enjoy this unique demonstration! If interest warrants a class will be scheduled for the fall.

Course #DayDateTimeFee (M/NM)19047FJun 232pm-3pmFreeLocation: Carnation Room

Exotic Teas and Chocolates New

Take a historical journey through ancient time to present day by exploring teas and chocolates from around the world. Learn history, plant sources and health benefits behind the teas and chocolate we eat today.

Course # Day Date Time Fee (M/NM) 19068 W Jul 12 10:30am-12 noon \$2/\$5 Location: Arts and Crafts Room

French for Travellers - Beginners

Learn French the same way you learned your native language; by listening and repeating phrases. No books, no handouts, and no English in the classroom. Instruction is designed for the beginner or for those looking to refresh their skills.

 Course #
 Day
 Date
 Time
 Fee (M/NM)

 19416
 M & W
 Jul 5-Jul 19 10am-12 noon
 \$35/\$43

 Location: Azalea Room

Seniors

How To Listen To Jazz New

Enjoy this music more by learning what the musicians are doing when you cannot recognize the melody to songs you think you know because the soloist is improvising a new melody. Learn how musicians know when to take over the soloist role without relying on written cues. Presented with live and recorded examples by Jesse Etelson.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|-----------|--------|-----------------|------------|
| 19382 | Th | Jul 13 | 10:30am-12 noon | Free ` |
| Location: A | zalea Roo | m | | |

Line Dancing - Beginners



Put on your dancin' shoes and join our line in this wholesome form of exercise and fun! Our instructor teaches a variety of line dances for beginners with progression to intermediate, so you can learn at your own pace. This is a no-partner activity for men and women.

| Course # | Day | Date | Time | | (M/NM) | |
|---|-----|---------------|----------|---------|-----------|--|
| 19365 | W | Jun 21-Jul 26 | 10:10am- | 10:55am | \$23/\$28 | |
| Instructor: TBA | | | | | | |
| Location: Rockville Senior Center Exercise Room | | | | | | |

19370 Jun 23-Jul 28 9:30am-10:20am \$23/\$28

Instructor: TBA

Location: Twinbrook Community Recreation Center

Managing Your Retirement Income

How does one live for today and still have a lasting legacy? Topics of discussion will include required minimum distributions, asset and planning between taxable and tax-deferred accounts and how to use tax efficient income-generating strategies. Presented by Evan Winik, Financial Advisor.

| Course # | Day | Date | Time | Fee (M/NM) | |
|-----------------------|-----|--------|--------------|------------|--|
| 19357 | Th | Sep 14 | 10am-12 noon | Free` | |
| Location: Azalea Room | | | | | |

Photographing Maryland Landscapes New

Professor McDermott of Montgomery College will discuss some of the interesting places that can be photographed in Maryland, and techniques for making images. This sight and sound presentation will also showcase some of the beautiful images taken by our speaker.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|------------|--------|-----------------|------------|
| 19384 | Tu | Jul 18 | 10:30am-12 noon | \$2/\$4 |
| Location: A | zalea Roon | n | | |

Quilting New

Discover the wonderful world of hand quilting by making a colorful wall hanging taught by a textile artist and expert quilter. Loretta and Judy will help you create a unique piece with a brilliant background providing the perfect setting for three dimensional flower petals and leaves. Supplies will be provided to make this hand stitched hanging that should measure approximately 22x24 inches. Sample can be seen at the Senior Center.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|-----------|----------|--------------|------------|
| 19327 | Th | Aug 3&10 | 10am-12 noon | \$18/\$22 |
| Location: B | oard Room | | | |

State of Maryland Emergency Preparedness New

Please join Katie Leahan, Public Information Officer for the Maryland Governor's Office of Homeland Security. She will have a power point presentation on Governor Erlich's plan for emergency preparedness and what future plans are being discussed. She will have time for questions and answers and have handouts available. You won't want to miss this important, informative discussion.

| Course # | Day | Date | Time | Fee (M/NM) | |
|-----------------------|-----|--------|--------|------------|--|
| 19383 | M | Jul 10 | 1pm-2p | Free ` | |
| Location: Azalea Room | | | | | |

The Changing Real Estate Market

If you are thinking about selling your home, hear about the changing market. What sellers need to do to maximize their profit, how to price a home in the new market and what is reasonable when it comes to home inspections and other costs. Presented by Mark Hudson, Realtor.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|-----------|---------------|--------------|------------|
| 19414 | W | Jul 26 | 10am-11:30am | Free |
| Location: A | zalea Roo | m | | |

The Jefferson Cafe

Presented by the Montgomery College Paul Peck Institute for American Culture and Civic Engagement, the mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. Facilitators of this program strive to inspire informed civic participation about critical issues affecting the local, national, and global communities. Participants will receive a pre-Cafe reading so register early. The Institute is made possible by a grant from PBS-MacNeil/Lehrer Productions.

Teaching Values In Schools

The Cafe reading will be Teaching Values In Schools.

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-----|--------|------------|------------|
| 19457 | W | Jun 28 | 1pm-2:30pm | Free` |

The Lost Art of Conversation

Cafe reading will be The Lost Art of Conversation in American Life. 19458 Jul 26 1pm-2:30pm Free Location: Board Room

Senior Center: 240-314-8800

Seniors

Water Gardening New

Come listen and learn about this very unique and popular way of gardening. Water Gardening is the latest craze and regardless of the size of your yard it's a fun and different way to enjoy your yard.

Course # Day Date Time Fee (M/NM) 19513 10am-11am \$2/\$4 Th Jul 6

Location: Azalea Room

Watercolor in the Garden New

Set sail for your summer painting. Participants in this workshop will meet inside before heading out to the garden to paint, weather permitting. Bring watercolor supplies and the instructor will supplement as needed. Some previous experience required.

Course # Day **Date Time** Fee (M/NM) 19077 Jun 6&13 1pm-3pm \$15/\$20 Tu

Instructor: Ely

Location: Arts and Crafts Room

What's Happening To Our Beloved Bay? New

Our Chesapeake Bay will be highlighted in this sight and sound presentation. The story of current problems now affecting the Chesapeake will be discussed. A 'field trip' will be planned with Professor McDermott of Montgomery College for the fall to further explore the Bay and what's happening.

Course # Day Fee (M/NM) **Date** Time 10:30am-12 noon 19514 Th Aug 24

Location: Azalea Room

Woodworking-Ten Questions New

Woodworking know-how or 10 questions about the woodshop is an informal discussion with our expert who will teach you what it takes to be a woodworker. Learn about hand and power tools, different kinds of wood, steps to building a project and more. We would like to discuss project options for the fall. Join us!

Course # Day **Date** Fee (M/NM) 10:15am-12:15pm \$2/\$\ddot\delta 19496 Jul 26

Instructor: Fonoroff Location: Woodshop

Fitness/Wellness

Afternoon Tone and Stretch



Join this tone and stretch class that concentrates on muscle strength and flexibility. Starting gently, you will work every part of the body to improve circulation, strengthen and tone muscles, and relax. Participants will work with exercise tubes, weights, Swiss balls and mats.

Course # Fee (M/NM) Day **Date** Time M & W 19332 Jun 26-Aug 2 1pm-2pm \$23/\$29

Instructor: Cristiano Location: Exercise Room

All Day Exercise



Would you like to try a new exercise class to help spice up your fitness routine? Here is your chance to preview many of the classes that will be offered in the fall. Come join us for this 'All Day Exercise' session, where you can try something new. We will offer several 30 minute classes throughout the day and you can try as many as you would like. A schedule will be posted of the classes that will be offered, so mark your calendars and take advantage of this great opportunity. This is a free activity, no registration required.

Course # Day **Date** Time Fee (M/NM) 19584 Th Sep 7 10am-4pm Free

Instructor: Klopfer Location: Exercise Room

Arthritis Foundation's PACE



People with Arthritis Can Exercise (PACE), designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF.

Course # Day Fee (M/NM) Date Time 19333 \$15/\$19 Th Jun 29-Aug 3 1pm-2pm

Instructor: Cristiano Location: Exercise Room

Chair Exercise



Exercises are gentle and designed to start slowly and build gradually. For both men and women, the program is done seated. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. All movements are performed to music.

Course # Day Fee (M/NM) Date Time 19334 M & W Jun 26-Aug 2 11am-12 noon \$23/\$29

Instructor: Cristiano Location: Exercise Room

Seniors

Chair Volleyball

Try this fun new class designed for any fitness level. You will stay seated throughout the class while using a beach ball to hit over the net. This class will help reduce stress, improve cardiovascular fitness, increase joint and overall flexibility and enhance muscle tone and endurance.

Course # Day Date Time Fee (M/NM) 19377 F Jul 7-21 11:15am-12:15pm \$3/\$5

Instructor: Klopfer Location: Exercise Room

Diabetes Update

Diabetes is epidemic in today's society. What causes it? Can it be prevented? What are the new treatments available? Dr. Monika Mannan will discuss the signs and symptoms of diabetes and review diet and lifestyle activities as well as other treatments that are available.

Course #DayDateTimeFee (M/NM)19356ThSep 211pm-2pmFreeLocation: Azalea Room

Exercise Plus/Chinese Dance



This is not your average exercise class. The instructor makes it fun with the use of fans, chopsticks, small balls and dance. Enjoy body movement including T'ai Chi with fan and acupuncture points with chopsticks while listening to Eastern and Western music.

 Course #
 Day
 Date
 Time
 Fee (M/NM)

 19336
 F
 Jun 30-Aug 25
 1pm-2pm
 \$6/\$9

Instructor: Kao

Location: Exercise Room

Exercise Plus Intermediate/Chinese Dance



This is an intermediate class for those students who have taken at least one session of exercise plus.

Course # Day Date Time Fee (M/NM) 19379 F Jun 30-Aug 25 2pm-3pm \$6/\$9

Instructor: Kao

Location: Exercise Room

Fitness Club

Get fit by working out in our state-of-the-art Fitness Room! To join the Fitness Club, you must be a Senior Center member and complete the Exercise Machine Training Course. A file drawer is available to keep individual records. There is an annual \$25 Fitness Room fee payable when you renew your Center Membership.

FOR FITNESS CLUB MEMBERS ONLY:

Monday through Friday 8:30 a.m.-4:50 p.m. Saturday 8:30 a.m.-12:50 p.m.

Exercise Machine Training

To learn how to use the exercise equipment and become a Fitness Club member, register and you will be contacted for an appointment time. After training, scan your membership card at the information desk and wear a Fitness Club badge each time to use the Fitness Room. Ongoing.

 Course #
 Day
 Date
 Time
 Fee (M)

 19337
 M & W
 Jun 12-Sep 6
 10am-4:50pm
 \$25

Instructor: Klopfer Location: Fitness Room

Hearing: Ask An Expert

Do you or a family member have a hearing problem? Susan Yaffe-Oziel, Director of the Family Hearing Center, will be available to answer your questions regarding hearing loss, hearing aid products and the latest technologies.

Course #DayDateTimeFee (M/NM)19359ThSep 711am-12 noonFree

Location: Azalea Room

Is It Forgetfulness or Dementia?

Is Dementia a necessary part of aging? Can it be prevented? What can be done about it? Dr. Humera Malik will describe the symptoms and discuss some of the causes of a variety of dementias. Learn how to recognize problems early and act on them quickly. There are some new medications and behaviors that can help meliorate the effects of the disease process.

Course #DayDateTimeFee (M/NM)19355ThAug 171pm-2pmFree

Location: Azalea Room

New Technology for Heart Disease

Recently you may have heard about the new 64 slice CT scanner that is state of the art in detecting early heart disease. This new equipment allows doctors to perform coronary artery angiograms to detect heart disease non-invasively. Suburban Hospital has been working collaboratively with NIH for several years to improve cardiac disease detection and ultimately, it's treatment. Suburban has just opened a new heart program and is now performing a variety of open heart surgeries. Come hear Dr Lara Eisenberg, MD, Chairman of Radiology at Suburban Hospital

Course #DayDateTimeFee (M/NM)19354ThJul 201pm-2pmFree

Location: Azalea Room

Senior Center: 240-314-8800

Seniors

Personal Trainer



An AFAA certified personal trainer will evaluate your needs and design an individualized program. After registering for this activity, you will be contacted to arrange an appointment time. Prerequisite: You must have been trained on the equipment. (See Exercise Machine Training.) FOR FITNESS CLUB MEMBERS ONLY. Ongoing. No class 7/4.

I One-Hour Session

| Course # | Day | Date | Time | Fee (M) |
|----------|-------|--------------|----------|---------|
| 19338 | M & W | Jun 12-Sep 6 | 9:30am-4 | |

2 One-Hour Sessions

19339 M & W Jun 12-Sep 6 9:30am-4:50pm Instructor: Klopfer

Location: Fitness Room

Is Pain Stopping You?

Seventy million people suffer from arthritis. Given the current situation with Celebrex and Vioxx, many sufferers of arthritis seeking alternative methods of pain management. In this lecture, Dr. Gregory Swistak will discuss several methods to help relieve pain naturally, without unnecessary side effects.

| Course # | Day | Date | Time | Fee (M/NM) |
|------------|-----------|--------|---------|------------|
| 19360 | Tu | Jul 18 | 1pm-2pm | Free |
| Location A | zoloo Por | m | | |

Location: Azalea Room



Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, class includes fitness assessments. New participants must register and have a signed doctor's certificate. Forms are available in front office. FOR SENIOR CENTER MEM-BERS ONLY. Ongoing.

| Course # | Day | Date | Time Fee | (M/NM) |
|----------|-------|--------------|---------------|--------|
| 19340 | M & W | Jun 12-Sep 6 | 1:30pm-2:15pm | Free |
| 19341 | M & W | Jun 12-Sep 6 | 2:20pm-3:05pm | Free |

Instructor: Yirenkyi **Location: Carnation Room**

Senior Fitness Walkers Control

Location: Lobby



Get in the habit of walking. Walking is good for the mind, body and soul. Increase the number of steps you walk daily and gain a healthier lifestyle. Meet with our staff once a week to walk, get information and support. Note: A pedometer will be available (or bring your own) to count daily steps.

| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|-----|---------------|----------|----------------|
| 19363 | Th | Jun 29-Aug 10 | 9:30am-1 | 0:30am \$5/\$8 |
| Instructor: | TBA | | | |

Senior Pilates for Beginners



| Course # | Day | Date | Time | Fee (M/NM) |
|-------------|-----|--------------|------------|------------|
| 19376 | W | Jun 28-Aug 2 | 2pm-2:45pm | \$25/\$25 |
| Instructor: | TBA | | | • |

Location: Exercise Room

Senior Pilates Intermediate



Participant should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this no-impact, mind/body workout using mats. Note: Wear comfortable clothes. No class 7/4.

| Course # | Day | Date | Time | Fee (M/NM) |
|------------|---------|--------------|------------|------------|
| 19342 | Tu | Jun 27-Aug 1 | 2pm-2:45pm | \$30/\$38 |
| 19374 | Tu & Th | Jun 27-Aug 3 | 2pm-2:45pm | \$60/\$72 |
| Instructor | Vlanfor | | | |

Instructor: Klopfer Location: Exercise Room

Senior Pilates Mini Session



This mini session will be a continuation of the current senior Pilates session. It will consist of four additional classes. August 15, 17, 22 and 24.

| Course # | Day | Date | Time | Fee (M/NM) | | |
|-------------------------|---------|-----------|------------|------------|--|--|
| 19343 | Tu & Th | Aug 15-24 | 2pm-2:45pm | \$20 | | |
| Location: Exercise Room | | | | | | |

Senior T'ai Chi Ch'uan



This exercise program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers relaxation and breathing techniques, and range-of-motion routine. FOR SENIOR CENTER MEMBERS ONLY. No class 7/4.

Course # Day Fee (M/NM) **Date** Time 19344 Tu & Th Jun 27-Aug 3 10am-10:50am Free

Instructor: Tuanmu Location: Exercise Room

Seniors on the Ball



Try this new exercise class using the large 'Swiss Ball.' Add variety, challenge and fun to your fitness program while working on core strength and balance. Basic Yoga movements and Yoga stretching included. 'Swiss Balls' will be provided.

Course # Day Fee (M/NM) **Date** Time 19597 9am-9:45am Th Jun 29-Aug 24

Instructor: Ponce Location: Exercise Room

Seniors

Soft Aerobics



Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain. No class 7/4.

Course # Day Fee (M/NM) Date Time 19345 Tu & Th Jun 27-Aug 3 11am-12 noon \$23/\$29

Instructor: Klopfer **Location: Carnation Room**

The New Attitudes



This is a spin-off group from the Soft Aerobics class that performs at various functions throughout the year at senior centers, nursing homes and at special events. If you are interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class.

Day Fee (M/NM) Course # **Date** Time 12 noon-12:30pm Free 19362 Tu Jun 27-Aug 1

Instructor: TBA Location: Exercise Room

Toning Table Training Table Training



Training is required to use the toning tables in the Fitness Room. Register for the month desired. You will be contacted for an appointment time. Bring a towel. Wear long pants and socks. You must join the Fitness Club to use the tables (\$25 fee due when your Senior Center membership is due.) Ongoing. No class 7/4.

Day Course # Date Time Fee (M) M & W-Th 19346 Jun 12-Aug 31 10am-11am

Instructor: Cristiano Location: Fitness Room

Total Conditioning Workout



This strength building, non-cardio fitness class is for both men and women. It offers workouts designed to produce improvement in strength, flexibility and balance using hand held weight, bands and tubes. The workout intensity may be modified to suit any fitness level.

Day Course # Fee (M/NM) Date Time 19583 Jun 26-Jul 31 10am-10:45am \$18/\$21

Instructor: Klopfer Location: Exercise Room

Yoga

Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing.

Day Course # Fee (M/NM) Date Time 19347 Jun 30-Aug 4 9:50am-10:50am \$24/\$29

Instructor: Figlure Location: Exercise Room

Sports/Leagues

Bocce Ball Club



Bocce Ball is easy to learn and can be enjoyed at all levels. We have a great court and have formed a club. If interested in joining a team, call Jackie Cristiano at 240-314-8825. Ongoing. No class

Course # Day Fee (M/NM) Date Time 19348 Tu & Th Jun 15-Oct 31 10am-11am Free

Instructor: Galasso

Location: Bocce Ball Court

Bocce Ball Tournament Enjoy an entertaining, fun, social morning. Our tournament is open to everyone. Prizes will be awarded.

Course # Day **Date** Time Fee (M/NM) 19349 Th Jul 27 10am-11am Free

Instructor: Cristiano Location: Bocce Ball Court

Game Room Activities

Pool tables, table tennis tables and dart board are available for your enjoyment. Practice games, clinics, instruction and tournaments are periodically set up for your participation. Sign out keys for the equipment in the office. FOR SENIOR CENTER MEMBERS ONLY: Mon-Fri: 8:30 a.m.-4:50 p.m. Sat: 8:30 a.m.-12:50 p.m. Table tennis is available at Twinbrook Community Recreation Center on Wednesdays from 9-10 a.m. No activities on 7/4.

Day Course # Fee (M/NM) Date Time 19350 W-M & Sa-W Jun 7-Sep 5 8:30am-4:50pm Free Location: Game Room

Maryland Senior Olympics



The 28th Annual Senior Olympics will be held at Towson State University in September. Competitors must use state-provided Olympic registration forms available at the Senior Center. The registration fee is payable directly to Maryland State Senior Olympics. For more information, call 240-314-8822.

Senior Center: 240-314-8800

Seniors

Senior Co-Rec Softball Team



Our Rockville team competes with other senior teams in the Montgomery County Senior Softball League. Games are held on Wed. mornings. Check Senior Center calendar for games and times. Come out and cheer for us. For more information call 240-314-8822.

Course # Day Date Time Fee (M/NM) 19352 Jun 14-Aug 23 9am-11am Free

Instructor: Jaques Location: TBA



Enjoy a fun-filled season of golf. Play is arranged at local golf courses with a tournament scheduled once a month. All levels of ability are invited to join. However, this is not a teaching activity. Both 9 hole and 18 hole play are available. Ongoing.

Course # Day Fee (M/NM) **Date** Time

19353 Jun 19-Oct 30 7:30am-1pm \$5/\$\dot{8}

Instructor: Sissala Location: TBA

Table Tennis - Beginners



This session is for those who have had little or no experience playing table tennis. Learn basic techniques and also a basic knowledge of the rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls will be available.

Course # Day **Date** Time Fee (M/NM) 19421 Jun 27-Aug 1 12:45pm-1:45pm \$20/\$25 Tu

Instructor: TBA

Location: Carnation Room

Table Tennis - Intermediate



This session of table tennis is for those who have had experience playing with a basic knowledge of the rules and scoring. Not only is it fun to play but the game also aids in dexterity, flexibility, coordination and reflexes. Paddles and balls are available if needed.

Course # Day **Date** Time Fee (M/NM) Jun 26-Jul 31 1pm-1:55pm \$20/\$25 19419 M

Instructor: Shinn Location: Game Room

Table Tennis - Intermediate/Advanced This specim of table



This session of table tennis is for those who have had experience playing at the intermediate to advanced level and want to play a more competitive game of mixed doubles. This is not a teaching activity. No Class 7/4

Course # Day Time Fee (M/NM) 19598 Jun 27-Aug 22 8:30am-10:45am \$5/\$8 Tu

Instructor: TBA

Location: Carnation Room



Health Fair See page 34

Community Wellness See page 44

Seniors

Trips

Registration Procedure for all Trips:

An In-Person Lottery Registration will be held on Thursday, June 8, at the Rockville Senior Center. Interested participants may draw lottery numbers between 10:15 am and 10:30 am, with numbers called in random order starting at 10:30 am. Registrations will be accepted at the Senior Center only. Mail-in or walk-in registrations will be accepted at the Senior Center on Monday, June 12, on a space-available basis. Note: Individuals may register for themselves and for one other individual. The cost listed is registration fee and payable at time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

Rappahannock River Cruise

Virginia's Rappahannock River is full of adventure and history. Our narrated cruise aboard the Captain Thomas will highlight the area and bring binoculars for a close up look at the cliffs along the river. Bald eagles nest in trees and cliffs and we won't want to miss an opportunity to view them in their natural habitat. Once down river, we're off for a tour and tasting and buffet lunch at Ingleside Winery. Trip includes: transportation, leadership, cruise, tour and buffet lunch.

Course #DayDateTimeFee (M/NM)19424FJul 77am-6:30pm\$94/\$117Depart From: Glenview Mansion

Museum of Md. African American History

The new Reginald F. Lewis Museum of Maryland African American History and Culture in Baltimore will introduce us to the life of African Americans in Maryland from the colonial slavery era to present. Located on the north side of the Inner Harbor, there will be time for lunch on your own at either the Cafe or Inner Harbor and time for a little shopping or relaxing by the water. Trip includes: Senior Center Bus, leadership and admission.

Course #DayDateTimeFee (M/NM)19423TuJul 119:15am-3:15pm\$22/\$27Depart From: Rockville Senior Center

Riverboat Murder Mystery Dinner

Sail the scenic Susquehanna River aboard an authentic paddle wheel riverboat in Pennsylvania's Capital City-Harrisburg. Enjoy a suspense filled evening and figure out 'who did it' during the sit down dinner cruise. Who knows, you may even be a suspect! Join in the fun.

Course #DayDateTimeFee (M/NM)19328ThJul 274pm-11:30pm\$79/\$99Depart From: Glenview Mansion

Crab Feast at Fisherman's

Kent Island won't be the same-we're headed over the Bay Bridge for an all-you-can-eat crab feast with all the fixings at Fisherman's Crab Deck. You won't want to miss the chance to have the perfect summer day with all your hungry friends. Trip includes: lunch, leadership and transportation.

Course #DayDateTimeFee (M/NM)19456TuAug 810:30am-4pm\$66/\$83Depart From: Glenview Mansion

Beauty and the Beast-Wolf Trap Park

Join us for a magical evening under the stars for our orchestra seats at Wolf Trap. The music and costumes and special effects of Beauty and The Beast will have us transported to another place and time. This is musical theatre at its best! Trip includes: orchestra seat, transportation and leadership.

Course #DayDateTimeFee (M/NM)19067ThAug 316pm-11:30pm\$74/\$92Depart From: Glenview Mansion

Rockville Senior Center Health Fair **Wednesday, May 31**11 a.m.-2 p.m.



Aquatics

Rockville Municipal Swim Center

The Swim Center, located at 355 Martins Lane, has two indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirlpool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee. For information call 240-314-8750.

M= Member NM= Non Member

You will only receive the discounted rate if your membership is up to date.

Registration Procedures

Starting at 8:30 a.m.

Residents & Members:

Tuesday, May 23

Non-Residents & Non-Members:

Thursday, June 1

Registration Deadline:

2 weeks prior to start date.

Note: No classes July 4.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.

Mail to:orFax to:Swimming LessonsSwimming LessonsRockville Municipal Swim Center240-314-8759355 Martins LaneRockville, MD 20850

Adult/Child Classes:

An adult MUST accompany EACH child into the water for each Adult/Child class and a signed doctors permission slip is required at the first class. Non toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the Swim Center.

We Love Parents But...In order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Adult/Child Swim Bubblers I - Adult/Child

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 6-18 months

| Course # | Day | Date | Time | Fee (M/NM) | |
|----------------------|---------|---------------|---------------|------------|--|
| 19125 | Tu & Th | Jun 20-Jul 13 | 10:30am-11am | \$60/\$75 | |
| 19126 | F | Jun 23-Aug 11 | 10am-10:30am | \$68/\$85 | |
| 19127 | Su | Jun 25-Aug 13 | 9:15am-9:45am | \$68/\$85 | |
| 19128 | Tu & Th | Jul 18-Aug 10 | 10:30am-11am | \$68/\$85 | |
| Location: North Pool | | | | | |

Bubblers 2 - Adult/Child

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 18-36 months

| Course # | Day | Date | Time | Fee (M/NM) |
|--------------|----------|---------------|-----------------|------------|
| 19129 | M & W | Jun 19-Jul 12 | 3pm-3:30pm | \$68/\$85 |
| 19130 | Tu & Th | Jun 20-Jul 13 | 9:30am-10am | \$60/\$75 |
| 19132 | Su | Jun 25-Aug 13 | 10:25am-10:55am | \$68/\$85 |
| 19134 | M-Th | Jul 17-Jul 27 | 4:30pm-5pm | \$68/\$85 |
| Location: No | rth Pool | | | |

Bobbers I - Adult/Child

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking.

| Ages: 3-5 | | | | |
|--------------|----------|---------------|---------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19112 | Tu & Th | Jun 20-Jul 13 | 10am-10:30am | \$60/\$75 |
| 19113 | Tu & Th | Jun 20-Jul 13 | 3pm-3:30pm | \$60/\$75 |
| 19121 | Su | Jun 25-Aug 13 | 8:40am-9:10am | \$68/\$85 |
| 19116 | M-F | Jul 3-Jul 13 | 4pm-4:30pm | \$68/\$85 |
| 19118 | M & W | Jul 17-Aug 9 | 3pm-3:30pm | \$68/\$85 |
| 19117 | M-Th | Jul 17-Jul 27 | 4pm-4:30pm | \$68/\$85 |
| 19119 | Tu & Th | Jul 18-Aug 10 | 10am-10:30am | \$68/\$85 |
| 19120 | Tu & Th | Jul 18-Aug 10 | 3pm-3:30pm | \$68/\$85 |
| Location: No | rth Pool | | | |

Bobbers 2 - Adult/Child

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well.

| A | g | e | s: | 9 | }-{ | 5 | |
|---|---|---|----|---|-----|---|---|
| - | _ | | | | | _ | 1 |

| Course # | Day | Date | Time | Fee (M/NM) |
|--------------|----------|---------------|----------------|------------|
| 19122 | Su | Jun 25-Aug 13 | 9:50am-10:10am | \$68/\$85 |
| 19124 | M-F | Jul 3-Jul 13 | 4:30pm-5pm | \$68/\$85 |
| Location: No | rth Pool | | | |

Aquatics

Preschool Classes

Floaters I

Floaters 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front and back.

| Ages: 4-6 | | | | |
|--------------|----------|---------------|-----------------|-------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19141 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$72/\$90 |
| 19142 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$72/\$90 |
| 19143 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$72/\$90 |
| 19144 | M-Th | Jun 19-Jun 29 | 4:20pm-4:55pm | \$72/\$90 |
| 19145 | Su | Jun 25-Aug 13 | 9am-9:40am | \$72/\$90 |
| 19146 | Su | Jun 25-Aug 13 | 10:30am-11:10am | s \$72/\$90 |
| 19147 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$72/\$90 |
| 19148 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$72/\$90 |
| 19149 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$72/\$90 |
| 19150 | M-F | Jul 3-Jul 13 | 4:20pm-4:55pm | \$72/\$90 |
| 19151 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$72/\$90 |
| 19152 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$72/\$90 |
| 19153 | M-Th | Jul 17-Jul 27 | 4:20pm-4:55pm | \$72/\$90 |
| 19154 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$72/\$90 |
| 19155 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$72/\$90 |
| 19156 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$72/\$90 |
| 19157 | M-Th | Jul 31-Aug 10 | 4:20pm-4:55pm | \$72/\$90 |
| Location: No | rth Pool | | | |

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

| Ages: 4-6 | | | | |
|--------------|----------|---------------|-----------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19161 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$72/\$90 |
| 19162 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$72/\$90 |
| 19163 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$72/\$90 |
| 19164 | M-Th | Jun 19-Jun 29 | 4:20pm-4:55pm | \$72/\$90 |
| 19165 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$72/\$90 |
| 19166 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$72/\$90 |
| 19167 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$72/\$90 |
| 19168 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$72/\$90 |
| 19169 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$72/\$90 |
| 19170 | M-F | Jul 3-Jul 13 | 4:20pm-4:55pm | \$72/\$90 |
| 19171 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$72/\$90 |
| 19172 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$72/\$90 |
| 19173 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$72/\$90 |
| 19174 | M-Th | Jul 17-Jul 27 | 4:20pm-4:55pm | \$72/\$90 |
| 19175 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$72/\$90 |
| 19176 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$72/\$90 |
| 19177 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$72/\$90 |
| 19178 | M-Th | Jul 31-Aug 10 | 4:20pm-4:55pm | \$72/\$90 |
| Location: No | rth Pool | | | , |

Strokers I

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

| Ages: 4-6 | | | | |
|--------------|-----------|---------------|-----------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19195 | M-Th | Jun 19-Jun 29 | 4:20pm-4:55pm | \$72/\$90 |
| 19196 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$72/\$90 |
| 19203 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$72/\$90 |
| 19197 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$72/\$90 |
| 19198 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$72/\$90 |
| 19199 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$72/\$90 |
| 19200 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$72/\$90 |
| 19201 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$72/\$90 |
| 19202 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$72/\$90 |
| Location: No | orth Pool | | | |

Strokers 2

Children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. Children will work on perfecting front/back crawl, and treading water. Students will be introduced to elementary backstroke and breaststroke.

| Ages: 4-6 | | | | |
|--------------|-----------|---------------|-----------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19204 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$72/\$90 |
| 19209 | Su | Jun 25-Aug 13 | 9am-9:40am | \$72/\$90 |
| 19210 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$72/\$90 |
| 19205 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$72/\$90 |
| 19206 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$72/\$90 |
| 19207 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$72/\$90 |
| 19208 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$72/\$90 |
| Location: No | orth Pool | | | |

Children's Swim Classes

Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to take this class.

| Ages: 7+ | | | | |
|--------------|----------|---------------|-----------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19214 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 |
| 19215 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |
| Location: So | uth Pool | | | |

Aquatics

Youth I

Water adjustment is the focus in this class! Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards. Children, when ready, will work on skills taught in Youth 2!

| Ages: 6+ | | | | |
|--------------|----------|---------------|-----------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19220 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
| 19221 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$64/\$80 |
| 19230 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 |
| 19231 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$64/\$80 |
| 19232 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 |
| 19222 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
| 19223 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19224 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$64/\$80 |
| 19225 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19226 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19227 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$64/\$80 |
| 19228 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19229 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$64/\$80 |
| Location: No | rth Pool | | | |

Youth 2

Children who can submerge for 5-10 seconds, swim 5 yards and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

| Ages: 6+ | | | | |
|--------------|----------|---------------|-----------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19233 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 |
| 19234 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
| 19235 | M-Th | Jun 19-Jun 29 | 3pm-3:35pm | \$64/\$80 |
| 19236 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 |
| 19237 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |
| 19247 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 |
| 19238 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
| 19239 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19240 | M-F | Jul 3-Jul 13 | 3pm-3:35pm | \$64/\$80 |
| 19241 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19242 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19243 | M-Th | Jul 17-Jul 27 | 3pm-3:35pm | \$64/\$80 |
| 19244 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19245 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$64/\$80 |
| 19246 | M-Th | Jul 31-Aug 10 | 3pm-3:35pm | \$64/\$80 |
| Location: No | rth Pool | | | |

Youth 3

Children who can swim a combined stroke for ten yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

| Ages: 7+ | | | | |
|----------|------|---------------|------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19248 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 |

| 19249 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
|-------|------|---------------|-----------------|-----------|
| 19250 | M-Th | Jun 19-Jun 29 | 3pm-3:35pm | \$64/\$80 |
| 19251 | M-Th | Jun 19-Jun 29 | 4:20pm-4:55pm | \$64/\$80 |
| 19252 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 |
| 19253 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |
| 19265 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$64/\$80 |
| 19254 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
| 19255 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19256 | M-F | Jul 3-Jul 13 | 3pm-3:35pm | \$64/\$80 |
| 19257 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19258 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19259 | M-Th | Jul 17-Jul 27 | 3pm-3:35pm | \$64/\$80 |
| 19260 | M-Th | Jul 17-Jul 27 | 4:20pm-4:55pm | \$64/\$80 |
| 19261 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19262 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$64/\$80 |
| 19263 | M-Th | Jul 31-Aug 10 | 3pm-3:35pm | \$64/\$80 |
| | | | | |

Location: North Pool

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms.

| Ages: 7+ | | | | |
|--------------|----------|---------------|-----------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19266 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 |
| 19267 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
| 19268 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$64/\$80 |
| 19269 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 |
| 19270 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 |
| 19281 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$64/\$80 |
| 19282 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 |
| 19271 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
| 19272 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19273 | M-F | Jul 3-Jul 13 | 3pm-3:35pm | \$64/\$80 |
| 19274 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19275 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19276 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$64/\$80 |
| 19277 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19278 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$64/\$80 |
| 19279 | M-Th | Jul 31-Aug 10 | 3pm-3:35pm | \$64/\$80 |
| 19280 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$64/\$80 |
| Location: No | rth Pool | | | |

Youth 5

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

| Ages: 7+ | | | | |
|----------|------|---------------|-----------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19283 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 |
| 19284 | M-Th | Jun 19-Jun 29 | 3pm-3:35pm | \$64/\$80 |
| 19285 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 |
| 19292 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |
| 19293 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$64/\$80 |

City of Rockville Recreation Guide

Aquatics

| 19286 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
|----------------------|------|---------------|---------------|-----------|
| 19287 | M-F | Jul 3-Jul 13 | 4:20pm-4:55pm | \$64/\$80 |
| 19288 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19289 | M-Th | Jul 17-Jul 27 | 3pm-3:35pm | \$64/\$80 |
| 19290 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19291 | M-Th | Jul 31-Aug 10 | 4:20pm-4:55pm | \$64/\$80 |
| Location: North Pool | | | | |

Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

| Ages: 7+ | | | | |
|--------------|----------|---------------|-----------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19294 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
| 19295 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 |
| 19302 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |
| 19303 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 |
| 19296 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19297 | M-F | Jul 3-Jul 13 | 4:20pm-4:55pm | \$64/\$80 |
| 19298 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19299 | M-Th | Jul 17-Jul 27 | 4:20pm-4:55pm | \$64/\$80 |
| 19300 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$64/\$80 |
| 19301 | M-Th | Jul 31-Aug 10 | 4:20pm-4:55pm | \$64/\$80 |
| Location: No | rth Pool | | | |

Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers MUST have passed Youth 5 & 6 in order to take this class.

| Ages: 7+ | | | | | |
|----------------------|------|---------------|-----------------|------------|--|
| Course # | Day | Date | Time | Fee (M/NM) | |
| 19304 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 | |
| 19305 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 | |
| 19306 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 | |
| 19307 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 | |
| Location: South Pool | | | | | |

Adult Swim

Adult Beginner I

Adults will be introduced to the basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class. Note: Class on WED., MAY 3, starts at 8:15pm and ends at 9pm!

| Ages: 14+ | | | | |
|--------------|----------|---------------|---------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19092 | M & W | Jun 19-Jul 12 | 7:35pm-8:20pm | \$64/\$80 |
| 19093 | M & W | Jul 17-Aug 9 | 7:35pm-8:20pm | \$64/\$80 |
| Location: No | rth Pool | | | |

Adult Beginner 2

This class is designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 is recommended prior to attending. Note: Class on WED., MAY 3, starts at 8:15pm and ends at 9pm!

| Ages: I4+ | | | | |
|--------------|----------|---------------|---------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19094 | M & W | Jun 19-Jul 12 | 7:35pm-8:20pm | \$64/\$80 |
| 19096 | Tu & Th | Jun 20-Jul 13 | 7:50pm-8:35pm | \$56/\$70 |
| 19095 | M & W | Jul 17-Aug 9 | 7:35pm-8:20pm | \$64/\$80 |
| Location: No | rth Pool | | | |

Adult Beginner 3

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

| Ages: 14+ | | | | |
|--------------|----------|---------------|---------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19097 | M & W | Jun 19-Jul 12 | 8:20pm-9:5pm | \$64/\$80 |
| 19099 | Tu & Th | Jun 20-Jul 13 | 7:50pm-8:35pm | \$56/\$70 |
| 19098 | M & W | Jul 17-Aug 9 | 8:20pm-9:5pm | \$64/\$80 |
| Location: No | rth Pool | | | |

Adult Stroke Correction

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke and sidestroke will be developed. Endurance and breathing are stressed. These sessions are not for beginners! Adult Beginner 3 is recommended prior to attending.

| Ages: 14+ | | | | |
|--------------|----------|---------------|--------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19100 | M & W | Jun 19-Jul 12 | 8:20pm-9:5pm | \$64/\$80 |
| 19101 | M & W | Jul 17-Aug 9 | 8:20pm-9:5pm | \$64/\$80 |
| Location: No | rth Pool | | | |

Adult Water Fitness

Aqua Fitness

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

| Ages: 15+ | | | | |
|--------------|----------|---------------|---------------|------------|
| Course # | Day | Date | Time | Fee (M/NM) |
| 19102 | M & W | Jun 19-Aug 9 | 8:30am-9:15am | \$64/\$80 |
| 19103 | M & W | Jun 19-Aug 9 | 9:15am-10am | \$64/\$80 |
| 19105 | Tu & Th | Jun 20-Aug 10 | 8:30am-9:15am | \$60/\$75 |
| 19106 | Tu & Th | Jun 20-Aug 10 | 9:15am-10am | \$60/\$75 |
| 19107 | F | Jun 23-Aug 11 | 8:30am-9:15am | \$32/\$40 |
| 19108 | F | Jun 23-Aug 11 | 9:15am-10am | \$32/\$40 |
| Location: No | rth Pool | | | |

Aquatic Center: 240-314-8750

Aquatics

Body Sculpting with Ai Chi

This is a low impact aerobics class that uses Ai Chi movements to sculpt your body and tone your muscles. It is in chest deep water and taught by a certified Ai Chi instructor.

Ages: 16+

| Course # | Day | Date | Time | Fee (M/NM) |
|---------------|----------|---------------|--------------|------------|
| 19309 | Tu & Th | Jun 20-Aug 10 | 7:5pm-7:50pm | \$60/\$75 |
| Location: Sou | uth Pool | | | |

Deep Water Workout

Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will work your legs and help tone your whole body. Music may or may not be used.

Ages: 18+

| Course # | Day | Date | Time | Fee (M/NM) | |
|----------------------|---------|---------------|--------------|------------|--|
| 19135 | M | Jun 19-Aug 7 | 9:15am-10am | \$32/\$40 | |
| 19138 | Tu & Th | Jun 20-Aug 10 | 7:5pm-7:50pm | \$60/\$75 | |
| 19136 | W | Jun 21-Aug 9 | 9:15am-10am | \$32/\$40 | |
| 19137 | F | Jun 23-Aug 11 | 9:15am-10am | \$32/\$40 | |
| Location: South Pool | | | | | |

H20 Walking

This water fitness program involves walking in waist to chest deep using different steps and directions at varying speeds to achieve cardio-respiratory fitness. 30 minutes of water walking equals to 2 hours of land walking. Class is taught in deep and shallow water. Music may be used.

Ages: 15+

| Course # | Day | Date | Time | Fee (M/NM) |
|--------------|----------|---------------|-------------|------------|
| 19179 | M | Jun 19-Aug 7 | 9:15am-10am | \$32/\$40 |
| 19181 | W | Jun 21-Aug 9 | 9:15am-10am | \$32/\$40 |
| 19182 | F | Jun 23-Aug 11 | 9:15am-10am | \$32/\$40 |
| Location: So | uth Pool | | | |

Lunch Crunch Workout

Need a quick pick me up during the day? Take a break from hustle of the office or the hassles at home! This midday work out will focus on stretching, strengthening and toning muscles. Equipment and music may be used.

Ages: 16+

| Course # | Day | Date | Time | Fee (M/NM) |
|---------------|-----------|---------------|--------------|------------|
| 19189 | Tu & Th | Jun 20-Aug 10 | 11am-11:45am | \$60/\$75 |
| Location: Fit | ness Pool | | | |

Swim for Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll, but you must be able to swim 100 yards of crawl stroke without stopping. Swimming equipment (fins, hand paddles and pull buoys, etc.) is recommended. Next challenge for you may be the Masters!!

 Ages: 14+
 Course #
 Day
 Date
 Time
 Fee (M/NM)

 19212
 Tu & Th
 Jun 20-Aug 10
 8:40pm-9:25pm
 \$60/\$75

 Location: North Pool

Twinges in Your Hinges

These classes are designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. The classes are geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

Ages: 15+

| Course # | Day | Date | Time | Fee (M/NM) |
|--------------|-----------|---------------|----------------|------------|
| 19216 | M & W | Jun 19-Aug 9 | 9:15am-10:15am | \$80/\$100 |
| 19217 | Tu & Th | Jun 20-Aug 10 | 8:30am-9:30am | \$75/\$94 |
| Location: No | orth Pool | | | |

Senior Swim

60 Plus Swim Class

Maintain a younger you by taking our dynamic water exercise/swim class. Class is designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and the class is taught to music. Note: Senior residents pay passholder fee.

Ages: 55+

| Course # | Day | Date | Time | Fee (M/NM) |
|--------------|----------|---------------|------------|------------|
| 19091 | Tu & Th | Jun 20-Aug 10 | 2pm-2:45pm | \$30/\$37 |
| Location: So | uth Pool | | | |

Senior Adult Exercise Program Swim

Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay passholder fee.

Ages: 60+

| Course # | Day | Date | Time | Fee (M/NM) |
|---------------|----------|---------------|------------|------------|
| 19191 | M, W & F | Jun 19-Aug 11 | 2pm-2:45pm | \$48/\$60 |
| Location: Sou | th Pool | | | |

Senior Aquacize

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay passholder fee.

Ages: 60+

| Course # | Day | Date | Time | Fee (M/NM) |
|---------------|------------|---------------|--------------|------------|
| 19192 | M, W & F | Jun 19-Aug 11 | 10am-10:40am | \$48/\$60 |
| Lasation, Mar | adla Da al | | | |

Location: North Pool

City of Rockville Recreation Guide

Aquatics

Senior Aquacize - Advanced

Same as Senior Aquacize only faster paced. Note: Senior residents pay passholder fee.

Ages: 60+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------------|-----------|---------------|----------------|------------|
| 19193 | M, W & F | Jun 19-Aug 11 | 11:5am-11:55am | \$48/\$60 |
| Location: Fitz | iess Pool | | | |

Special Swim

Exercise class or individuals suffering from MS. Class is geared toward increasing flexibility, improving ambulating, coordinating fine motor skills and building endurance in a warm and friendly environment.

Ages: 15+

| Course # | Day | Date | Time | Fee (M/NM) |
|--------------|----------|---------------|----------------|------------|
| 19109 | Tu & Th | Jun 20-Aug 10 | 9:30am-10:30am | \$75/\$94 |
| Location: No | rth Pool | | | |

Aqua Pre and Post Natal Workout

This course designed with the needs of women who are currently pregnant or recently have delivered their child. This low-impact class will help keep you fit during and after your pregnancy. Check with your doctor before starting this class.

Ages: 18+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------------|-----------|---------------|----------------|------------|
| 19110 | W & F | Jun 21-Aug 11 | 9:45am-10:30am | \$80/\$100 |
| Location: Fitr | ness Pool | | | |

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Class is tailored to individual needs.

Ages: 16+

| Course # | Day | Date | Time | Fee (M/NM) |
|--------------|----------|---------------|--------------|------------|
| 19111 | Tu & Th | Jun 20-Aug 10 | 10am-10:40am | \$75/\$94 |
| Location: No | rth Pool | | | |



Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Lifeguard Pre-test

Participants must be 15 years old by course completion! Attendance to ALL classes is 100% MANDATORY...NO EXCEPTIONS! Participants must be able to swim 500 yards (100 breaststroke, 200 front crawl, 200 choice of breast or free), retrieve a 10 pound diving brick from 7-10 feet of water and MUST pass a pre-test to register for Lifeguard Training!

 Ages: 15+
 Course #
 Day
 Date
 Time
 Fee

 19186
 W
 Jun 7-Jun 7
 8pm-10pm
 \$20

 Location: South Pool
 \$20

Lifeguard Training

Applicants must pass the pretest in order to participate in this course. This class includes first-aid and CPR-FPR. Note: Participant must be 15 years old by course completion. This is an American Red Cross class. Please call for class times, 240-314-8750

| Ages: 15+ | | | | |
|--------------|----------|--------------|----------|-------|
| Course # | Day | Date | Time | Fee |
| 19188 | Th-Su | Jun 8-Jun 11 | 5pm-10pm | \$130 |
| Location: So | uth Pool | | | |

NOW HIRING! Swim Instructors

We are currently accepting applications for Learn to Swim Instructors as well as Water Fitness Instructors! Experience is required for the Water Fitness Instructor position (land based experience is ok!) however we will train for the Learn to Swim Instructor positions! For more information please call Beth Fowler at 240-314-8754 or go to www.rockvillemd.gov for an application! E.O.E.

Cultural Arts

F. SCOTT FITZGERALD THEATRE

at the Rockville Civic Center Park

MAY

Rockville Chorus

Spring Concert

May 21 at 7:30 p.m.

Free; no tickets required.

For information, call 240-314-8682.

Rockville Regional Youth Orchestra

Spring Concert

May 30 at 7:30 p.m.

Free; no tickets required.

For information, call 240-314-8682.

JUNE

Victorian Lyric Opera Company

Princess Ida

June 9, 10, 16, 17 at 8 p.m.

June 11, 18 at 2 p.m.

\$20 Adults

\$15 Seniors/Students (16 years & younger)

For information, call 301-879-0220.

JULY

Rockville Musical Theatre

South Pacific

July 7, 8, 14, 15, 21, 22 at 8 p.m.

July 16, 23 at 2 p.m.

Tickets: \$18 Adults

\$15 Seniors

\$12 Students

For information, call 301-530-6477.

AUGUST

Rockville Civic Ballet

Swanlake

August 5 at 7:30 p.m.

August 6 at 2:00 p.m.

Tickets: \$12 Adults

\$8 Children (12 years and under)

\$8 Seniors (Ages 60 years and older)

For tickets, call 240-314-8690.

Call For Entries

F. Scott Fitzgerald Short Story Contests

Eleventh Annual Short Story Contest

Residents of Maryland, Virginia and Washington, D.C.

Ninth Annual Student Short Story Contest

High School Students who reside or attend school within the corporate limits of Montgomery County

Deadline: July 15, 2006

Call for Entries available at Rockville City Hall, Glenview Mansion, F. Scott Fitzgerald Theatre, Rockville Senior Center, Rockville

Municipal Swim Center, and Peerless Rockville.

Information: 301-309-9461

The F. Scott Fitzgerald Literary Conference, Inc. sponsors these

contests.

SIZZLING SAMPLER

Family Arts Night

Beat the heat - cool off with F.A.N.

Wednesdays 7:30 pm

Courthouse Square Park - Rockville Town Center

Free

Tickets:

Enjoy outdoor concerts in a beautiful park setting. For all ages. Bring along lawn chairs or a blanket for comfortable seating. In case of inclement weather, performances will be held indoors at Twinbrook Community Recreation Center. Call 240-314-8681 after 6:30 p.m. on the day of the performance to verify performance location.

July 12 Mystic Warriors

Their music sounds like world beat, contemporary jazz, and Latin rock performed on ancient flutes and panpipes in combination with contemporary instruments.

July 19 The Great Expectations Band

The ten-piece band plays country/western, swing, rock and roll, pop, rock, Motown, and Top 40.

July 26 Retrospect

The nine-piece band plays popular music from every decade from 1940 through the present including Big Band to Motown to Rock.

F. Scott Fitzgerald Theatre Box Office

Hours: Tuesday through Saturday, 2-7 p.m. and two hours prior to performance time

Location: F. Scott Fitzgerald Theatre

Rockville Civic Center Park, 603 Edmonston Drive, Rockville, MD 20851

Telephone Number: 240-314-8690

Theatre Patrons may purchase tickets in person, by phone, or by mail order. To purchase a ticket by mail order, include your name, address, phone number, and the date and time of the performance for which you are purchasing tickets. If you are sending a check, make it payable to the City of Rockville. If you are using a credit card, include the type of credit card (MasterCard/Visa), the name on the credit card, the account number and the expiration date. Purchase online at www.rockvillemd.gov/theatre.

Cultural Arts

SCULPTURE ON THE GROUNDS

20th Annual Outdoor Sculpture Exhibit

Juried Regional Artist Show-Varied Media

June 4- October 15

Rockville Civic Center Park

Opening Reception/ Walking Tour

Sunday, June 4 at 1 p.m.

Glenview Mansion, Dining Room, First Floor

Michael Guadagno "Kaleidoscope" Aluminum & Cast Glass

(Danvers, MA)

Malcolm Hally "Time Out" Brass

(Rockville, MD)

Don Herman "Flight" Steel

(Potomac, MD)

Markey Brothers "Peggy" Aluminum

(Frederick, MD)

Garrett Strang "Aloft" Bluestone, Granite, & Lava Rock

(Bethesda, MD)

Glenn Zweygardt "Passion's Guardian" Glass, Iron, Steel, & Bronze

(Alfred Station, NY)

Sunday Afternoon Concert Series

Glenview Mansion at Rockville Civic Center Park 2 p.m. Conservatory 1st floor, FREE - no ticket required

More information - 240-314-8682

May 7

Rockville Singers

Varied repertoire by Rockville Chorus ensemble (25 voices)

June 4

Mary Sue Twohy

Traditional and contemporary folk music

July 2

Swing Speak

American jazz plus a hearty does of Latin rhythm & blues

August 6

Unity Reggae Band

Time to "Slow Down" and enjoy this outstanding reggae music!

GLENVIEW MANSION ART GALLERY

More information 240-314-8682

May

Rockville Art League

Juried members show - varied media

Exhibit: May 7-30

Reception: Sunday, May 7, 1-4 p.m.

June

B J Adams - fiber

Ronni Jolles - mixed media Robert Wiener - artglass

Exhibit: June 4-27

Reception: Sunday, June 4, 1-4 p.m. Artist Talk: Thursday, June 15, 7:30 p.m. Guided Gallery Tour: Friday, June 16, 10 a.m.

July

Sara Brown – Postcards from Home, fiber collage with photo transfer images

Daniele Piasecki – Robeo & Baby Blue, photographic series in celebration of special moments

North Bethesda Camera Club - The Magic of Photography, juried members' show

Exhibit: July 2- August 1

Reception: Sunday, July 2, 1-4 p.m. Artist Talk: Thursday, July 20, 7:30 p.m. Guided Gallery tour: Friday, July 21, 10 a.m.

August

Washington Printmakers Gallery

Transformation - 20th Anniversary of WPG

Juried members exhibition of various print making processes

Exhibit: August 6-29

Reception: Sunday, August 6, 1-4 p.m. Artist Talk: Thursday, August 10, 7:30 p.m. Guided Gallery Tour: Friday, August 11, 10 a.m.

Rockville Concert Band

presents

7 to 8 p.m. Tuesdays, June 20, July 18, & August 1

Patio behind F. Scott Fitzgerald Theatre

Rockville Civic Center Park • 603 Edmonston Drive

RE

Featuring well-known concert band classics by composers like Holst, Vaugh-Williams, Sousa, Leroy Anderson, K. L. King, Morton Gould, Sammy Nestico, Warren Barker, classical favorites, and Broadway.

Lawn seating is available; bring a chair or blanket for comfortable seating.

Rath or Shine!

Cultural Arts

Kids Parks Performing Arts

Tuesdays - 7:30 p.m. • June 27 - August 15

To verify location and obtain directions call 240-314-8682 after 6:30 p.m. on the day of the show.

This FREE family entertainment series – now in its 17th year - rotates to a different neighborhood park each week and offers a variety of hour-long performing arts experiences to delight ALL AGES. *Bring along a lawn chair or blanket for comfortable seating*

RAIN SITE for all performances Glenview Mansion at Rockville Civic Center Park

Sponsored by City of Rockville, Class Acts Arts, and developer KSI

June 27 Anansegromma of Ghana

African Dance, Drum, Games and storytelling. Kofi Dennis and Kwame Brew offer an exhilarating and memorable introduction to West African culture.

Location: College Gardens Park, 615 College Parkway

July 4 Enjoy the Rockville Fourth of July Celebration at its new location on the Montgomery College Rockville campus

July II Goombay - the Caribbean Experience

With contagious energy, pulsating rhythms and upbeat songs, take a musical journey to the Caribbean Islands. Explore the contributions made by European, African and indigenous peoples in context to music from Jamaica, Trinidad, Cuba, Martinique, Puerto Rico, and the Bahamas. Hear and see steel drums, keyboard, percussion, and vocals. See music in the making and dance!

Location: Falls grove Park – $400\ {\rm Casey}\ {\rm Lane}$ (Intersection of Falls grove Blvd. and Falls grove Drive)

July 18 Patricia Shih – Big Ideas for the Whole Family

Get moving, grooving and singing along with this New York TV personality who helps you be the star. Every original song carries meaningful lyrics, memorable melodies and an up lifting spirit.

Location: Glenview Mansion grounds at Rockville Civic Center Park, $\,603$ Edmonston Drive

July 25 Cantaré – Fiesta!

A Celebration of Life in LatinAmerica

Become part of this musical journey in celebration of language, syncopated rhythms, an array of musical and percussive instruments and captivating vocals. Enjoy the rich musical heritage of Puerto Rico, Argentina, Peru, El Salvador, Brazil and Venezuela.

Location: Potomac Woods Park, 2276 Dunster Lane (parking lot entrance at end of Stratton Drive)

August I Paul Hadfield – The Funny Guy

"Hilarious, artistic, charming, and wacky...truly exceptional" Hadfield has been described by Discovery Theater, D.C. Physical comedy, juggling, unicycling, ladder walking, and so many surprised await. Come ready to participate in the zany fun.

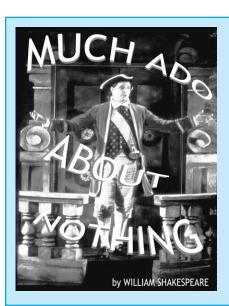
Location: King Farm Park, Watkins Pond Blvd at Grand Champion Way

August 8 Renaissance Man

Join the Renaissance Man in a hysterically historical journey through a day in an average person's life in medieval and renaissance England, covering such burning topics as hygiene & health, romance & religion, science, superstition and the stage. Experience history via comedy! Location: Twinbrook Community Recreation Center, 12920 Twinbrook Parkway

August 15 Michael Chamberlin - Magician

A high-energy show that stimulates and enlightens our fascination with what is real and what our imaginations can create. Using magic, music, and an abundance of comedy and audience participation, this show provides fast-paced, original and spellbinding sorcery for all ages Location: Montrose Park, 415 Congressional Lane



National Players

present

Much Ado About Nothing

Tuesday, July 18 at 7:30 p.m. Courthouse Square Park Rockville Town Center

Free

This professional theatre troupe will present Shakespeare's enduring comedy, *Much Ado About Nothing.* For audiences accustomed to Shakespeare's work, the play delights us with each new production's look at the rocky road to marriage undertaken by the comedy's two protagonist couples, Claudio and Hero, and Beatrice and Benedick. For audiences new to Shakespeare's journey, this play is perhaps the perfect entry into this extraordinary genius. Accessible, witty, surprising in it's dramatic twists and turns, and ultimately satisfying in its conclusion, the audience will enjoy this fantastically human story under the stars.

Community Wellness





What's New for Your Health!

- FREE Blood Pressure Screenings at the Rockville Farmers' Market every other Wednesday 11 a.m.-2 p.m. at Rockville Town Center. Other FREE monthly screenings and health information also at the Local Farmers' Market. Schedule to be announced.
- Rockville's own Wellness Website coming in Fall 2006

Healthy Hints:

Get in the Habit!

Set a schedule for exercise so you don't get into the "lazy days of summer." Remember a schedule doesn't have to mean boring!

- Don't forget your sunscreen even on cloudy days! Use bug spray and carry a water bottle.
- It's important to have proper athletic shoes when doing any kind of exercise. They help you to perform well and to prevent injuries.

Be Adventurous!

Try at least one new activity, sport, or hobby this summer. Check through this guide for ideas.

Enjoy recreational facilities and parks in Rockvillel

Ones to try:

- RedGate Golf Course
- Lincoln Park Community Center
- Twinbrook Community Recreation Center
- Civic Center Park tennis courts
- Millennium Trail for biking, walking and jogging
- Rockville Municipal Swim Center

Play with your food!

Beat the summertime boredom and introduce your kids to cooking! Encourage them to learn about cooking and healthy eating. Start out with simple dishes. Try pasta salads with cut up veggies, fruit-filled muffins, or summery smoothies!

Drink up!

Most people wait too long to start re-hydrating, so don't wait until you get thirsty to start drinking! By that time you are already on your way to dehydration. To beat your thirst, drink up before, during and after you exercise.

For more information, call City of Rockville Wellness Coordinator Hillary Boguski at 240 314-8641.

Main Rec. Line: 240-314-8620



taste of rockville o market place o kids activities o parade o free concerts for more info. 240.314.8620 or www.rockvillemd.gov



sabor de la ciudad o mercado o actividades infantiles o paseo de rockville o conciertos gratuitos



Play REDGATE and Save Money!

V

5 DISCOUNT PROGRAMS

- 1. Frequent player card: Play 4 rounds of golf, 9 holes or 18 holes, and get the 5th round free.
- 2. Multiple Play Card: Pay in advance for 10 rounds of 18 hole play and receive an additional 4 rounds of 18 for free. That's 14 rounds for the price of 10! The minimum savings is \$160.
- 3. 10 & 6 month memberships are available for unlimited green fee packages.
- 4. Mid Morning special: Save every Monday thru Thursday between 9:30am and 11:30am. Green fees are reduced \$8 and cart fees are reduced \$5.
- 5. Twilight discounted rates 7 days a week. March & April twilight begins at 3:00pm and May 15-October it begins at 4:00pm.

MULTIPLE PLAY CARD (MPG CARD)

City of Rockville resident 7 day card - \$360 Non resident 7 day card - \$400 City of Rockville Resident Monday thru Thursday card - \$310 Non resident Monday thru Thursday card - \$330 Juniors and Seniors may use their MPC card on Fridays.

REDGATE'S 10 & 6 MONTH MEMBERSHIPS

10 month: March-December

Resident 7day single person pass - \$1430
Resident 5 day single person pass - \$1050
Family 7 day resident pass - \$2150
Family 5 day Mon-Fri resident pass - \$1600
Non resident 7 day single person pass - \$1900
Non resident 5 day single person resident pass - \$1500
Family non resident 7 day pass - \$2900
Family non resident 5 day pass - \$2500

6 month - April-September

Resident 7 day single person pass - \$1145 Resident 5 day single person pass - \$840 Family 7 day resident pass - \$1720 Family 5 day Mon-Fri resident pass - \$1280 Non resident 7 day single person pass - \$1520 Non resident 5 day single resident person pass - \$1200 Family non resident 7 day pass - \$2320 Family non resident 5 day pass - \$2000 You are invited to go

Out To Lunch

Wednesdays

lune 7 - October 25 11 a.m. to 2 p.m.

East Montgomery Avenue Rockville Town Center

East Montgomery Avenue becomes a festival every Wednesday with great food and services available from Ben and Jerry's, California Tortilla, Giuseppi's Pizza Plus, Potbelly Sandwich Works, QL Barber and Tara Asia, delicious local music and farm-fresh fruits and vegetables, plants, flowers, herbs, baked goods and more at the Rockville Farmers' Market.



Entertainment Schedule

June-September 12 noon - 1:30 p.m.

| | Band Name | SAME OF WHERE |
|---------|-------------------------------|--------------------------|
| June 7 | The John Cocuzzi Group | Swing |
| June 14 | Sandra Dean and Bill Euler | Classic Rock |
| June 21 | Annapolis Bluegrass Coalition | Bluegrass |
| June 28 | The Lovejoy Group | Latin Jazz, Afro-Rhythms |
| July 5 | Swing Speak | Jazz |
| July 12 | Janine Wilson | Blues |
| July 19 | Back Roads Band | Retro Country |
| July 26 | Elvis E | Elvis Impersonator |
| | | |



A special thank you to:









NATIONAL RECREATION AND PARKS ASSOCIATION



This campaign was created by the Center for Disease Control and the National Recreation and Parks Association to promote healthy lifestyles among communities across the nation. Our goal is to increase awareness of our nation's health epidemic and begin to make a difference by encouraging Rockville residents to adopt healthy lifestyles.

It's easy! Just get up and get moving! Do it on your own or take part in the many "Step up to Health" programs (designated with the SUTH logo) offered through the City of Rockville.

Double your Rockin' Rewards points when you register for a specially marked SUTH program. Take part in our newest program called WALK Rockville - it's easy, convenient, and free. And there's no need to register unless you choose to purchase a walking starter kit or wish to submit your steps/miles walked as part of our community-wide challenge.

WALK Rockville

The City of Rockville is encouraging residents to "Step Up to Health" by participating in a community-wide walking program. People who are seeking ways to become more active often overlook the most basic of all exercise...walking! It's easy, convenient, free, and takes as much or as little time as you want. That's why we have designed 14 walking paths around local schools, parks, neighborhoods, and businesses so you can take advantage of "fitness at your doorstep." The routes are 1 - 2 miles in length and are easy to follow with printed maps available on-line and at various City facilities.

Here's how it works:

- 1. Explore your own neighborhood or pick a WALK Rockville path. For information, visit www.rockvillemd.gov/stepup. Brochures will be available at City Hall and our Recreation Centers.
- 2. Every step counts. Keep track of the number of steps or miles you've walked by using a pedometer or by calculating the miles walked. Log sheets are provided.
- 3. Don't lose track. Submit your total miles or steps walked by completing a "Walk-o-meter" form. (available on-line or at local City facilities).

WALK Rockville Starter Kit

If you would like to use a pedometer to track your steps or miles, the City of Rockville Department of Recreation and Parks is offering a starter kit that includes a pedometer, a Step Up to Health T-shirt, maps, walk-o-meter form/daily logs, and important fitness information about the Walk Rockville program. The kit costs \$10 and are available at City Hall, Twinbrook Recreation Center, Lincoln Park Community Center, Rockville Municipal Swim Center, and Rockville Senior Center.

For more information and to download forms, visit www.rockvillemd.gov/stepup or call 240-314-8620.



How it works!

You will earn one Rockin' Reward point for every dollar that you spend on course registration or membership pass sales. Then you and the members of your household can use the points you earn to pay for programs.

How do Rockin' Rewards work?

- Every person in our Rock Enroll database already is registered in this rewards program.
- When you or a member of your family registers in a course or purchases a membership, your family account will be credited I point for every \$1.00 that you spend. So if you register for a \$64.00 program, you will receive 64 points. It's that easy!
 - Special Incentive with Step Up To Health Programs. Double your points! Note that many classes in this guide have a Step Up To Health logo. When you register for one of these programs you automatically will earn 2 points for every \$1.00 that you spend. That's double the reward!
 - Once you generate at least 800 points, you can start using these points to pay for programs or memberships. Anyone in your family can use the points-it doesn't have to be the same person who earned them.
 - Points are added to your account two weeks after the start of the next registration period. Membership points are credited when the Membership pass has expired.
 - To find out how many points your family account has, just stop by or phone one of our recreation centers. Note: When you pay for programs and membership dues using points, you must have all the points you need in full. We cannot accept payment from a mixture of points and cash/check.
 - When you are ready to pay for a course or membership with points, just visit any of our recreation centers or City Hall or you can mail/fax in your registration. Note: Unfortunately paying with points is not an option if you register online or by telephone.

Rockin'Rewards-Our way of saying 'THANK YOU!' for Getting Up, Getting Out and Getting Active with the City of Rockville's Recreation and Parks Department.

Lincoln Park Community Center

357 Frederick Avenue Rockville Md 20850

Monday-Saturday 9 a.m.-9:30 p.m.

Classic Summer Fun from LPCC

Features includes

Monday - Lunchtime Kickball for Adults, 12 noon at Isreal Park

Tuesday - Teen Dodgeball (High Schoolers), 5 p.m. in the Gym

Wednesday - Lunchtime Whiffle Ball for Adults, 12 noon in the Gym

Thursday - Capture the Flag for the Family, 6 p.m. at Isreal Park

Friday - Lunchtime Dodge Ball for Adults, 12 noon in the Gym

Summer Family Movie Nights

Beat the heat with a cool summer movie with the entire family, first Friday of the month in the Gym. Popcorn, Snacks and Sodas will be for sale as well. Call 240-314-8780 for a list of the movies and their dates.

All you need to participate in any of these activities is a Lincoln Park Community Center Membership Card

Isreal Tennis Academy

Learn the basics of Tennis on Wednesdays from 11 a.m. to 12 noon. Residents - \$20 Non Residents - \$30

Weight Training for High School Athletes

9-10 a.m. and 7-8 p.m. on Mondays, Wednesdays and Fridays. All you need is a Lincoln Park Community Center Fitness Pass

Save the Date

LPCC Back to School Jam - Friday, August 18

6-9 p.m. Back to School Fashion Show, Music, After School Information, Area School Representatives, Free Backpacks and School Supplies for Rockville Residents, fun and games and much, much more!!

New Memberhip rates as of July 1, 2003

Lincoln Park Center Membership: \$15 (R)/\$25 (NR) Lincoln Park Fitness Membership: \$65 (R)/\$85 (NR) Main Rec. Line: 240-314-8620

Twinbrook Community Recreation Center

12920 Twinbrook Parkway, Rockville, MD 20851 • 240-314-8830

Hours Monday through Friday: 6 am to 9:30 pm

Saturday: 8:30 am to 9:30 pm

Sunday: 9 am to 8:30 pm

Twinbrook Community
Recreation Center is a
Membership Facility. City of
Rockville residents and
non-residents can choose
from a variety of
affordable pass and
membership options and
take full advantage of the
services offered at the
Center. Facility includes a
full size gymnasium,
computer lab, fitness center,
multi-purpose rooms, table
tennis, playstation, and outdoor park.

The Center has a room to rent for small occasions and a gymnasium for athletic activities.

Included with a fitness membership is a one-time free instruction session on the proper use of the equipment by a qualified fitness trainer by appointment.

Specific information can be obtained on the Center Web site at www.rockvillemd.gov.

Drop-in Organized Summer Activities

Ages: 7+

July 10-August 25

Fee: Free, TCRC membership required Basketball Tournaments, Dodgeball, Playstation, Karaoke, Arts and Crafts, Movies, Water Games, Talent Show, Special Events and more

Partners in Learning Literature Club

Ages: 5-12 years

Tuesdays, Wednesdays and Thursdays July 5-August 10

\$5 City Residents, \$6 Non Residents, TCRC membership required

Register on rock enroll #19595

New

Center Membership Fees beginning July 1, 2006

City Residents

Individual: \$20 per year Family: \$60 per year

Large Families: \$120(R) per year

Daily: \$7

Non Residents

Individual: \$35 per year Family: \$105 per year

Large Families: \$210 (N) per year

Daily: \$9

City of Rockville Recreation Guide

Information and Telephone Numbers

Map Key

| | iap itey |
|-----|--------------------------------------|
| 1. | Anderson Park |
| | end of Princeton PlB-3 |
| 2. | Beall-Dawson House/Park |
| | 103 W Montgomery Ave |
| 3. | Beall Elementary School |
| | 451 Beall Ave |
| 4. | Broome Middle School/Athletic Park |
| | 751 Twinbrook PkwyD-6 |
| 5. | Bullards Park |
| | 150 Calvert RdD-2 |
| 6. | Calvin Park |
| | 1248 Gladstone Dr |
| 7. | Children's Resource Center |
| | 322 W Edmonston DrE-4 |
| 9. | City Hall Campus |
| | 111 Maryland AveD-4 |
| 10. | Civic Center Park |
| | A. Glenview Mansion and Cottage D5 |
| | B. F. Scott Fitzgerald Theatre D5 |
| | Social Hall D5 |
| | C. Climbing Gym D5 |
| | Rec Services Building D5 |
| | D. Croydon Creek Nature Center D5 |
| | 852 Avery Road |
| 11. | College Gardens Elementary School |
| | 1700 Yale PlB-3 |
| 12. | College Gardens Park |
| | 615 College PkwyB-3 |
| 13. | Courthouse Square Park |
| | Old Red Brick Courthouse |
| | Maryland Ave & W. Montgomery AveD-4 |
| | Croydon Creek Nature Center |
| | (See Civic Center Park, #10) |
| 14. | David Scull Community Center & Park |
| | 1133 First St |
| 15. | Dawson Farm Park |
| | Copperstone CtE-4 |
| 16. | Dogwood Park |
| | 800 Monroe StE-3 |
| 17. | Elwood Smith Community Center & Park |

| | 601 Harrington Rd at Mercer RdD-4 |
|-----|---|
| | F. Scott Fitzgerald Theatre & Social Hall |
| | (See Civic Center Park, #10) |
| 19. | Fallsmead Elementary School |
| | 1800 Greenplace TerE-2 |
| 20. | First Street Park |
| | First St & Maple AveD-5 |
| 21. | Friends Park |
| | Falls Rd & Montgomery AveD-3 |
| 22. | Glenora Park |
| | Dundee RdD-1 |
| | Glenview Mansion and Cottage |
| | (See Civic Center Park, #10) |
| 24. | Grandin Ave. Park |
| | 704 Grandin AveD-4 |
| 25. | Hillcrest Park |
| | 1150 Crawford DrD-5 |
| 26. | Horizon Hill Park |
| | Wootton Pkwy E-2 |
| 27. | Isreal Park (Clarence Pint) |
| | 357 Frederick Ave |
| 28. | Jacquilin Trells Williams Park |
| | S. Adams St & Rt 28 |
| 29. | James Monroe Park |
| | Monroe St E-4 |
| 30. | Julius West Middle School |
| | 651 Falls RdD-3 |
| 31. | King Farm Park |
| | Rt 355 & Watkins Pond Blvd |
| 32. | Kinship Park |
| | N Washington St & Beall AveD-3 |
| 33. | Lakewood Elementary School |
| | 2534 Lindley TerD-1 |
| 34. | Lincoln Park Community Center |
| | |

| | Mannakee St & Beall Ave | 3-8 |
|-----|---------------------------------|-----|
| 38. | Mark Twain School Athletic Park | |
| | 14501 Avery Road | J-6 |
| 39. | Maryvale Elementary School | |
| | 1000 First St |)-5 |
| 40. | Maryvale Park | |
| | 812 First St |)-5 |
| 41. | Meadow Hall Elementary School | |
| | 951 Twinbrook PkwyI |)-(|
| 42. | Memory Walk Park | |
| | Lincoln Ave at Douglas Ave | 3-4 |
| 43. | Montrose Community Ctr. & Park | |
| | 451 Congressional Ln | 7-6 |
| 44. | Montrose Woods Park | |
| | Tildenwood Dr | 7-5 |
| 45. | Monument Park | |
| | 550 Maryland Ave |)-3 |
| 46. | North Farm Park | |
| | North Farm Lane | 7-4 |
| 47. | North Street Park | |
| | North St & N Washington St |)-3 |
| 48. | Northeast Park | |
| | Gude Dr & Red Gate Farms Ct |)-6 |
| 49. | Orchard Ridge Park | |
| | Falls Rd at Wootton Pkwy | 1-8 |
| 50. | Potomac Woods Park | |
| | 2276 Dunster Rd | 7-2 |
| 51. | Pump House at Croydon Park | |
| | 401 S Horners LnI |)-4 |
| 52. | RedGate Municipal Golf Course | |
| | 14500 Avery Rd |)-6 |
| 53. | Richard Montgomery High School | |
| | 250 Richard Montgomery DrI |)-4 |
| 54. | Ritchie Park Elementary School | |
| | 1514 Dunster Rd | 7-2 |
| 55. | Robert Frost Middle School | |
| | 9201 Scott Dr | 2-1 |
| 56. | Rockcrest Ballet Center & Park | |
| | 1331 Broadwood Dr | I-E |
| 57 | Rockmond Park | |

| | | Greenplace TerE-2 |
|----|----|----------------------------------|
| 5 | 8. | Rock Terrace School |
| | | 390 Martins Ln |
| 59 | 9. | Rockville High School |
| | | 2100 Baltimore Rd |
| 60 | 0. | Senior Center |
| | | 1150 Carnation DrB-2 |
| 61 | 1. | Silver Rock Park |
| | | Clagett Dr & Maple AveD-5 |
| | | Skate Park at Welsh Park |
| | | (See Welsh Park, #69) |
| 6 | 2. | Swim Center |
| | | 355 Martins Ln |
| 6 | 3. | Thomas S. Wootton High School |
| | | 2100 Wootton PkwyE-1 |
| 6 | 4. | Tweed Park |
| | | Tweed St |
| 6 | 5. | Twinbrook Elementary School |
| | | 5700 Ridgeway AveE-6 |
| 6 | 6. | Twinbrook Comm. Rec. Ctr. & Park |
| | | and Annex |
| | | 12920 Twinbrook PkwyE-6 |
| 67 | 7. | Upper Watts Branch Park |
| | | Nelson St & College PkwyB-2 |
| 68 | 8. | Veterans Park |
| | | Rt 28 & Rt 355D-4 |
| 6 | 9. | Welsh Park |
| | | Martins Ln at Mannakee St |
| 70 | 0. | Woodley Gardens Park |
| | | 900 Nelson St |
| 7 | 1. | Woottons Mill Park |
| | | Hurley Ave D.2 |

Other Class Locations

Executive Office Building 101 Monroe Street Rockville

Gaithersburg Marriott, Washingtonian Center 9751 Washingtonian Blvd. Gaithersburg 301-590-0044

Kicks Karate, 800 Pleasant Dr. # 140 Rockville 301-869-4300 King Farm Community Room 800 Pleasant Dr. #200, Rockville

Grandin Ave at Woodburn 37. Mannakee Circle

Lincoln Terrace Park
 Moore Dr......

 Lone Oak Park

King Farm Clubhouse 300 Saddle Ridge Circle Rockville

Laytonsville Golf Course 7130 Dorsey Rd., Laytonsville 301-948-5288 The Little Gym Potomac Woods Plaza, 1071 Seven Locks Road

Rockville Ice Arena 50 Southlawn Ct. Rockville 301-294-8101

Rockville 240-463-7238

Shady Grove AMF 15720 Shady Grove Rd Gaithersburg 301-948-1390 Rockville Sportsplex 60 South Lawn Ct. Rockville 301-838-4455

Thrive 1321 B Rockville Pike Rockville 301-294-9642

Wood World 309 Howard Avenue Rockville 301-340-7377 World Karate Masters 4935 Wyaconda Road Rockville 301-770-2556

Xtreme Acro and Cheer 20 E. Southlawn Court Rockville 301-251-5525

Frequently Called Numbers

| Classes, Camps, Trips | 240-314-8620 |
|---|--------------|
| Cultural Arts Information Line | 240-314-5006 |
| Directions Line: City Hall, Civic Center, | |
| Senior Center, Swim Center | 240-314-5047 |
| Civic Center: Glenview Mansion, Art Ga | ıllery, |
| F. Scott Fitzgerald Theatre | 240-314-8660 |
| Climbing Gym | 240-314-8688 |
| Croydon Creek Nature Center | 240-314-8770 |
| Lincoln Park Community Center | 240-314-8780 |
| Parks and Facilities Maintenance | 240-314-8700 |
| Park and Picnic Rentals | 240-314-8660 |
| Rec Line | 240-314-5023 |
| Recreation and Parks Administration | 240-314-8600 |
| Recreation Programs | 240-314-8620 |
| RedGate Golf Course | 240-314-8730 |
| | |

| KOCK ENTOH | |
|--------------------------|---------------------|
| Rockville Sk8 Park | 240-314-8765 |
| Senior Center | 240-314-8800 |
| Special Events Line | 240-314-5022 |
| Sports Line | 240-314-5055 |
| Swim Center | 240-314-8750 |
| TTY (City Hall) | 240-314-8137 |
| Twinbrook Comm. Rec. Ctr | 240-314-8830 |
| Web site | www.rockvillemd.gov |
| FAX: Recreation Div | 240-314-8659 |
| | |

Weather/Emergencies

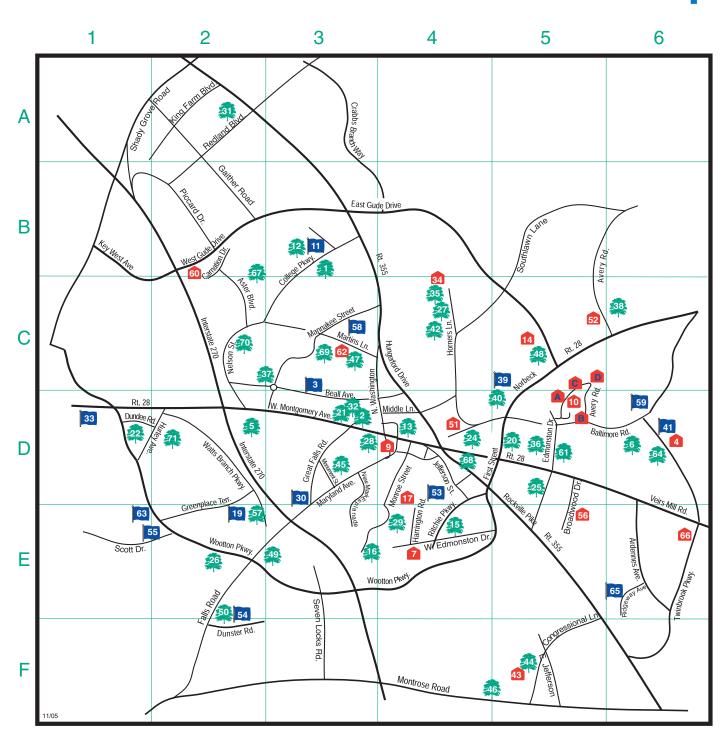
LEAGUE PLAY: Call the Sports Line, 240-314-5055. A decision will be made by 3 p.m.

ACTIVITIES: Call the Rec Line, 240-314-5023. Refer to page 63 for more information.

SPECIAL EVENTS: Call the Special Events Line, 240-314-5022. Cancellation policy varies with each event.

SWIM CENTER: Call 240-314-8750. In the event of school cancellation, there will be no day classes.

Map



KEY:







BINGO

Wednesday Nights \$1000 Jackpot! Senior Center

Early bird starts at 7 p.m. Regular games start at 7:30 p.m.

Free hot dog, chips and coffee with admission.

Plenty of free, well-lit parking.

All proceeds support the Rockville Senior Center.



Summer Jobs Apply Now!

Do something worthwhile with your summer!

Get involved with Rockville's

youth and make a difference!

We are seeking creative and enthusiastic applicants for the Summer 2006 Camp and Playground programs. Come have a memorable summer teaching sports, games, outdoor activities and arts & crafts.

Programs operate approximately 7 weeks, approximately 33 hours per week

For available positions and application information, visit our website: www.rockvillemd.gov or apply in person at the Personnel Office, City of Rockville,

111 Maryland Avenue, Rockville MD 20850

Rockville Football League (RFL)

Tackle and Flag Football Leagues Available:

Now in its 41st year, the RFL provides boys and girls the opportunity to learn the fundamentals of football, to broaden their skills, and to experience participation in organized competitive league play.

Players are provided with team shirts or jersey and mouthpieces. All players participating in tackle football divisions are lent helmets, shoulder pads, 2nd game pants that must be returned after the last game of the season. All other equipment must be furnished by players. The RFL, in partnership with the City of Rockville Department of Recreation and Parks, is operated by a volunteer parent interest group.

Level: Age 7-14 yrs.

When: Practices begin 8/1 (tentative); games begin 9/8 and 9/9

Games are played on Friday and/or Saturday evenings.

Where: Games are played at Dogwood Park. Specific teams within the RFL participate and compete in

alternative leagues and will have some of their games played at other area parks.

• REGISTRATION INFORMATION, PROGRAM ELIGIBILITY, and PLAYER REGISTRATION FEE will be available on Rockville's Cable Channel II, or visit our website at www.rfl.cc



Ride for Rocky Sunday, May 28

Two rides for all ages beginning and ending in Town Cen-

- 10-Mile 'Family Fun' Ride starts at 8:30 a.m.
- 25-Mile 'Neighborhood Discovery' Tour starts at 8:00 a.m.

Registration open: 7:30 am

Registration Fee:

Register early and save. Register for activity #18936

Early-registration Pre-registration Day of Ride (Received by May 10) (Received by May 26) (May 28)

\$25/Adult \$15/child \$35/Adult \$25/child \$45/Adult \$30/child

Call 240-314-8641 for more information



240-314-8730

Reservation Policy:

- 1. Reservations are taken 14 days in advance. All reservations are for 18 holes only.
- 2. We reserve every other tee time. Walk-ins are welcome.
- 3. To reserve a tee time through the internet: www.rockvillemd. gov and click on RedGate.
- 4. To make a tee time by phone, call 240-314-8730 and press <7>.
- 5. On the day of play, phone after 9 a.m. to reserve an 18 hole tee time. A Visa or Master Card is required.
- 6. To cancel a tee time or reduce the number of players, a two hour notice is required in order not to be charged.
- 7. Reserved times for 18 holes are taken only for twosomes, threesomes and foursomes.

THEME PARK TICKETS

As in the past, the City of Rockville Department of Recreation and Parks, in cooperation with the Maryland Recreation and Parks Association (M.R.P.A.), is selling general admission tickets to area theme parks at a substantially reduced price. Why hassle with coupons and ticket lines at the park when one brief stop at City Hall will give you large savings and quick admission? All tickets entitle the participant to unlimited use of all attractions normally included in a full-price admission ticket obtained at the park. Tickets are good any day for the 2006 operating season except for special dates the park may be closed. This information is printed in brochures available at City Hall. Tickets may not be used with any other discount or coupon promotion.

Purchase tickets at:

- · Rockville City Hall, 3rd floor Recreation Desk -Mon.-Fri., 9 a.m.-4 p.m.
- Twinbrook Community Recreation Center -

Mon.-Fri., 6 a.m.-9 p.m. • Sat., 8:30 a.m.-9 p.m. Sun., 10 a.m.-5:30 p.m.

Sorry, we are not permitted to give refunds or exchanges. For information, please call the AMUSEMENT PARK TICKET LINE at 240-314-5024.

BUSCH GARDENS Parking: \$10 Adults \$43 Children \$37

DORNEY PARK Parking: \$8 Adults (48" or taller) \$28 Children (3+ & under 48") \$14.95

DUTCH WONDERLAND Parking: Free

All ages, 3+ \$24

SIX FLAGS - GREAT ADVENTURE Parking: \$15 Adult Combo (ages 4+) Theme Park & Safari \$28 3 Day/3 Park (does not need to be consecutive days) Includes Water Park \$48

HERSHEY PARK Parking: \$8 Adult (ages 9+) \$33 | r. (ages 3-8) \$24 Special Days (May-June only-Sundays-Fridays) \$25

KINGS DOMINION Parking: \$10 Good Any Day - Adult (ages 7+) \$35 Good Any Day - Child (ages 3-6) \$28 Summer Fun Days (7/22 - 8/6) \$25.50 MRPA Discount Days (7/1-7/16) \$25.50 Fall Fun Days (9/1-4, 9/9, 9/10, 9/16, 9/17, 10/7, 10/8, 10/14, 10/15, 10/21, 10/22, 10/28, 10/29) \$25.50

SESAME PLACE Parking: \$10 All Ages (ages 3+) \$35

SIX FLAGS - AMERICA Parking: \$15

Good Any Day \$27

Special Days Operating days in May - 6/20 6/27 6/29, 7/6, 7/II, 7/20, 7/27, 8/3, 8/10, 8/15, 8/17. Sept & Oct. \$25

WATER COUNTRY USA Parking: \$10

All Ages (ages 7+) \$28



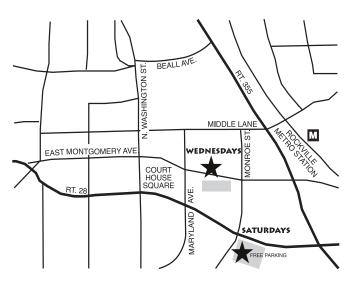
Growers Only

RMERS' MAR

Farm-fresh fruits and vegetables, bedding plants, cut flowers, preserves, herbs, baked goods, and more are available at Rockville's downtown Farmers' Market. Week after week the Farmers' Market transforms itself as different fruits and vegetables become available throughout the season. All items are fresh picked daily.

East Montgomery Ave. Wednesdays, June 7 - Oct. 25 II a.m. - 2 p.m.

Corner of Route 28 & Monroe St. Saturdays, May 13 - Oct. 28 9 a.m. - 1 p.m.



Approximate Harvest Dates

| | | • • | | | |
|-------------------|------------------|------------------|------------------|------------------------|-------------------|
| Vegetables | Availability | Vegetables | Availability | Fruits | Availability |
| Asparagus | April 25-June 15 | Onions | June & Sept. 30 | Apples | Aug. 15-Nov. 5 |
| Beans | June 10-Sept. 15 | Peas (green) | June 10-July1 | Blackberries | July 5-Aug. I |
| Beets | July 4-Sept. I | Peppers | July 25-Sept. 30 | Black Raspberries | June 15-July 10 |
| Broccoli | July 10-Nov. I | Potatoes | All Season | Red Raspberries Summer | June 15-July 10 |
| Cabbage | June 1-Oct. 31 | Potatoes (sweet) | Sept. 5-Oct. 30 | Red Raspberries Fall | Aug. 5-Sept. 25 |
| Cantaloupes | July 15-Sept. 15 | Pumpkins | Sept. 10-Nov. 30 | Blueberries | June 20-Aug. I |
| Carrots | July 10-Sept. 15 | Spinach (Spr.) | May | Cider | Sept. I - Oct. 30 |
| Corn | June 25-Sept. 15 | Spinach (Fall) | OctNov. | Nectarines | July 25-Sept. 30 |
| Cucumbers | July 1-Sept. I | Squash (Summer) | June 25-Sept. I | Peaches | July 5-Sept. 20 |
| Cut Flowers All S | Season | Squash (Winter) | Aug. I-Oct. 31 | Pears | Aug. 15-Oct. 30 |
| Eggplant | July 25-Sept. 10 | Tomatoes | July 4-Sept. 15 | Plums | July 15-Sept. 31 |
| Garlic | July-Aug. | Turnips | Aug. 15- Nov. I | Strawberries | May 15-June 30 |
| Gourds | SeptOct. | Watermelons | Aug. I-Oct. I | | |
| Herbs | All Season | Bed Plants | All Season | | |
| Lettuce | All Season | Veg. Plants | April-May | | |
| Okra | July 15-Aug. 30 | | | | |
| | | | | | |

Main Rec. Line: 240-314-8620

21st Annual

Rockville Rotary



Entry forms are available at Bockville City Hall or send a stamped, self-addressed envelope to Department of Recreation and Parks, City of Rockville, 111 Maryland Ave., Rockville, MD 20850 or call 240-314-8620 for more information

8K Race and 1K Fun Run

July 15, 2006

Festival Begins at 7 p.m. 8K Race - 8:45 p.m.

Maryland RRCA Grand Prix Series 2006

Place and Time:

Rockville Town Center

Festival Begins 7:00 p.m. 8:40 p.m. 8 K Wheelchair Start 8 K Race Start 8:45 p.m. 8:50 p.m. Fun Run Start

Register Early & Save!

Entry Fee: 8K - \$24 by July 7 Raceday: \$27 by 4 p.m. Raceday: \$35 after 6 p.m.

Raceday: Fun run - \$10 (no T-shirt).

By Mail: Your entry must be postmarked by July 7.

Internet: by 12 noon, July 12 Go to www.mcrrc.org/twilighter

Let us help you with your next party!

PARTIES FOR CHIEDREN

Croydon Creek Nature Center

Fee: \$180 (R) / \$204 (NR)

10 participants. \$10 for each additional person Saturday-11 am-1 pm and 2:30-4:30 pm Sunday 2:30-4:30 pm

Ages: 3+ Maximum number of children: 25 Theme: Naturalist-led one-hour program

Other: Fee includes invitations and a T-shirt for the birthday child. All participants make and take home a nature craft.

> Note: BYO refreshments. For information: 240-314-8770

Twinbrook Community Recreation Center

Rental Fee: \$35(R)/\$46 (NR) per hour Party Package: Hourly rental fee plus \$30(R)/\$35(NR) include: plates, cups, napkins, tablecloth, forks, spoons, knives and balloons for 20 people.

Additional \$30 (R)/\$35 (NR) allows you to use half the gym for an hour (Not offered Jan.-Mar.).

Theme: You choose the theme, we decorate. You provide the entertainment, food and supervision. For information: 240-314-8830

R=Rockville Resident / NR= Non Rockville Resident

Climbing Gym

Fee: \$150(R)/\$200(NR) for 8 participants (\$20 per additional person) 2 hour party

Saturday: 1-3 p.m. and 4-6 p.m. Sunday: 1-3 p.m. and 4-6 p.m.

Ages: 6+ • Maximum number of children: 15 Theme: Professional climbing instructors teach and supervise the children.

Other: Fee includes all climbing equipment, instruction, invitations and a T-shirt for the birthday child. Note: BYO refreshments.

For information: 240-314-8643

Rockville Sk8Park

Fee: \$150 (R)/\$200 (NR)

2 hour party, Saturday or Sunday only, 9:30-11:30 am All ages - Maximum number of children: 20

> Note: BYO refreshments. For information: 240-314-8620

Lincoln Park Community Center

Room or Gym rental available from

\$5/hour to \$45/hour includes room rental only

Theme: You choose the theme, use our gym for a basketball party or try the MultiPurpose Room for a small party.

(Each rental receives one free hour before and after their rental to set up and clean up)

For information: 240-314-8780



NEW FOR 2006

Purchase a Skate Park Season Membership and receive discounts at Asylum Wake, Skate, Snow Shops.

- 10% discount at all nine store locations on all soft goods, which include Burton, Element, Adio and more.
- 20% discount off all complete skateboard purchases.
 - Entry into random drawings for prizes throughout the season.

MULTI SEASON PASS

Purchase a 10 session pass (\$30 R/\$50 NR) for less then the price of 8 sessions. See Skate Park staff for additional information or call 240-314-8766.



City of Rockville • Department of Recreation and Parks 240-314-8765 • www.rockvillemd.gov

Hours of Operation

While school is in session:

Sat. & Sun. - Early Session 12 noon-4 pm Sat. & Sun. - Late Session 4 pm-dark

While school is out:

7 days a week - Early Session 12 noon-4 pm 7 days a week - Late Session 4 pm-8 pm

Skateboarder and In-line Skater Sessions includes:

Mon., Tues., Thurs., Fri., & Sat. Wed. & Sun., Early Session

Free Style Biker Sessions include:

Wed. & Sun., Late Sessions

Season Membership and Daily Admission Fees

Youth are considered 17 and under. Adults are considered 18 and above.

Season Membership

\$50-Resident Youth \$80-Non-Resident Youth \$70-Resident Adult

Daily Fee

\$4-Résident Youth \$6-Non-Resident Youth \$5-Resident Adult \$7-Resident Adult

Special 10-Sessions Pass

\$30-Resident Youth \$50-Non-Resident Youth

Equipment Rental

Helmet-\$2 • Wrist Guards-\$2 • Elbow Pads-\$2 • Knee Pads-\$2 Equipment Package (helmet, wrist guards, elbow and knee pads)-\$5

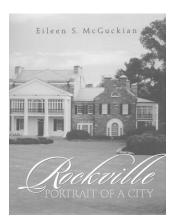
All participants must sign a waiver/release form and must wear a helmet, elbow pads and knee pads. In-line skaters also must wear wrist guards. Bikers are encouraged to wear safety gloves as well.

Note: Youth 17 and under must have their parents sign the waiver/release form. Children under the age of 10 must be accompanied by an adult.

^{**}Children under the age of 10 must be accompanied by an adult.

Rockville:

Portrait of a City



\$42.95

Makes a Great Gift!

Lifelong citizens, newcomers and visitors and will be enriched by this book which contains an interesting and thorough account of the history of Rockville with more than 230 photographs.

For more information call 240-314-8620

Spring Bazaar & Yard Sale

Sponsored by Rockville Seniors, Inc.

Saturday, May 20 9 a.m. - 2 p.m.

Rockville Senior Center

1150 Carnation Dr., Rockville, MD 20850

240-314-8800

Indoor • Air Conditioned

Refreshments • Bake Sale • Computer Sale

Household Items

Thrift Shop • Gift Shop • Plant Sale

Arts and Crafts

HAVE A BALL



Get Involved in Adult Team Sports
Men's Softball • Women's Softball
Co-Rec Softball • Men's Basketball
Co-Rec Volleyball • Women's Volleyball & Kickball

Got a team together?

Send us your name and address - we'll place you on the mailing list for complete information about the league of your choice. Teams that participated last year are currently on our mailing lists.

Want to join a team?

Send us your name, day and evening phone numbers - we'll place you on a list made available to coaches in the league of your choice.

League play begins:

August 27 - Men's Softball • September 7 - Woman's Softball • September 7 - Women's Volleyball September 8 - Co-Rec Softball • September 13 - Men's Basketball • September 11 - Co-Rec Volleyball Kickball - TBA

Mail your information to:

Department of Recreation and Parks
City of Rockville, 111 Maryland Ave., Rockville MD 20850
ATTN: Sports Division.

Be sure to indicate in which league you are interested or visit our Web site: www.rockvillemd.gov and click on Recreation.

Directions to Parks and Facilities

Beall E.S., 451 Beall Ave.

Rt. 355 north to left at fire station onto Beall Ave. Five blocks to school on right.

Broome Gym & Athletic Pk., 751 Twinbrook Pkwy.

Rt 28 east to right onto Baltimore Rd. Baltimore Rd. to right onto Twinbrook Pkwy. School on left, fields behind school.

Calvin Pk., 1248 Gladstone Dr.

Veirs Mill Rd. to Rt. 28 east (Norbeck Rd./First St.). Turn right at first traffic light onto Baltimore Rd. Follow Baltimore Rd. past Civic Center. Turn right onto Gladstone Dr. Follow Gladstone to park on left.

City Hall, 111 Maryland Ave. Call directions line, 240-314-5048

Civic Ctr. Pk., 603 Edmonston Dr. Call directions line at 240-314-5004 for:

- F. Scott Fitzgerald Theatre Social Hall Croydon Creek Nature Center
- Climbing Gym Mansion Cottage Rec. Serv. Bldg.

College Gardens E.S., 1700 Yale Pl.

Rt. 355 north to left onto College Pkwy to right onto Yale Place to school on left.

College Gardens Pk., 615 College Pkwy.

Rt. 355 north to left onto College Pkwy. Park is located 1/2 ahead on right.

Croydon Creek Nature Center, 852 Avery Rd (In the Rockville Civic Center Park) Rt. 28 East (Norbeck Rd) to right on Baltimore Rd. Turn left on Avery Rd, just past Edmonston Dr, follow this to the parking lot.

David Scull Pk., 1131 First St.

Veirs Mill Rd. to Rt. 28 east (Norbeck Rd./First St.). Follow Rt. 28 east, turn left onto Gude Dr. and go approx. 1/4 mile. Turn left onto Taft St. Park is on right.

Dogwood Pk., 800 Monroe St.

From I-270, take Rt. 28 (W. Montgomery Ave.) which becomes Jefferson St. to Monroe St. Turn right on Monroe St. which leads directly to park.

Elwood Smith Recreation Ctr. & Pk., 601 Harrington Rd. at Mercer (Behind Richard Montgomery H.S.) Take Rt. 28 east/Jefferson St., turn right onto Monroe St., left onto Mt. Vernon Pl. Turn right onto Mercer Rd. Ballfield is on right in the park.

 $\textbf{Fallsmead E.S., } 1800 \; \text{Greenplace Ter.}$

Falls Rd. south to right onto Wootton Pkwy. to right onto Greenplace Ter. to school on right.

Glenora Pk., Dundee Rd.

Take Great Falls Rd. toward Potomac. Turn right onto Wootton Pkwy. Continue on Wootton Pkwy. to Dundee Rd. Park is at corner of Wootton Pkwy. and Dundee Rd.

Hillcrest Pk., 1150 Crawford Dr.

Viers Mill to left on Edmonston Dr., turn left on Crawford Dr.

Julius West M.S., 651 Falls Rd.

South on Maryland Ave. Turn right onto Falls Rd. School on left.

Lakewood E.S., 2534 Lindley Ter.

Falls Rd. south to right onto Wootton Pkwy. to left onto Lindley Ter. to school on right

Lincoln Pk. Comm. Ctr., 357 Frederick Ave.

 ${\rm Rt.~355}$ north to right on Middle La. Left onto Stonestreet Ave. to right onto Frederick Ave. to Center on right.

Lone Oak Pk., Grandin Ave. at Woodburn

Veirs Mill Rd. to left onto Edmonston Dr., left onto Grandin Ave. Turn right onto Woodburn Rd. Park is behind school.

Mark Twain School Athletic Park, 14501 Avery Rd.

Viers Mill Rd. east to left onto Rt. 28 east (First St.). Continue on Rt. 28 east past two traffic lights to left on Avery Rd. First right into entrance of M. Twain School.

Ball fields are on the left.

Maryvale E.S. & Pk., 1000 First St. & 812 First St.

Veirs Mill Rd. to Rt. 28 east (Norbeck Rd./First St.). Follow through first traffic light at Baltimore Rd. and move immediately into left hand lane. Turn left onto First St. and follow approximately 1/2 mile to school on left. Field is behind school.

Meadow Hall E.S., 951 Twinbrook Pkwy.

Viers Mill Rd. east to left onto Meadow Hall Road. Left on Twinbrook Pkwy. to school on right.

Montrose Community Ctr. & Pk., 451 Congressional La.

Rt. 355 south to right onto Congressional La. to park and Center on right.

Monument Pk., 550 Maryland Ave.

Rt. 355 north toward Rockville, bear left onto Rt. 28/E. Jefferson St. Turn left onto Maryland Ave. Park is at corner of Maryland Ave. and Monument St.

Potomac Woods Pk., 2276 Dunster Rd.

From I-270, take Falls Rd. South. Left on Dunster Rd. to first intersection and take left onto Stratton Dr. Stratton Dr. will take you directly to park.

RedGate Municipal Golf Course, 14500 Avery Rd.

Viers Mill Rd. east to left onto Rt. 28 east (First St.). Continue on Rt. 28 east past two traffic lights to left on Avery Rd. Golf course is on left.

Richard Montgomery H.S., 250 Richard Montgomery Dr.

Rt. 355 south to right on Richard Montgomery Dr. School is directly ahead.

Ritchie Park E.S., 1514 Dunster Rd.

Falls Rd. south to left onto Dunster Rd. to school on left.

Robert Frost M.S., 9201 Scott Dr.

West on Rt. 28 (W. Montgomery Ave.) to left onto Glen Mill Rd. to left onto Viers Dr. and straight into Scott Dr. to school on left.

Rockcrest Ballet Ctr. & Pk., 1331 Broadwood Dr.

Veirs Mill Rd. to left on Broadwood Dr. Center on left.

Rock Terrace School, 390 Martins La.

Rt. 355 north to left onto Mannakee St. School located on left at corner of Martins La. and Mannakee St.

Rockville Skate Park at Welsh Park See Swim Center directions. Skate Park is behind Swim Center.

Senior Ctr., 1150 Carnation Dr. Directions line 240-314-5019.

Swim Ctr., 355 Martins La.

Rt. 28 west (W. Montgomery Ave.) toward I-270. Turn right onto Mannakee St. Turn right on Martins La. Entrance on right.

Twinbrook E.S., 5700 Ridgway Ave.

Veirs Mill Rd east to right on Atlantic Ave. to right onto Wainwright Ave. to right on Ridgway. School is on right.

Twinbrook Community Rec. Ctr. & Park, 12920 Twinbrook Pkwy.

Veirs Mill Rd. toward Wheaton. Turn right onto Twinbrook Pkwy. Continue on Twinbrook Pkwy. to park on right.

Welsh Pk., Martins La. at Mannakee St.

Rt. 28 west (W. Montgomery Ave.) toward I-270. Turn right onto Mannakee St. Follow for 1/2 mile; park on right.

Woodley Gardens Pk., 900 Nelson St.

Rt. 28 West (W. Montgomery Ave.) toward I-270. Turn right onto Nelson St. at traffic light (before I-270 overpass) go 1/2 mile; park is on right.

Recreation Fund Information

Give a "Gift of Fun and Joy" - Donate to the Recreation FundThe Recreation Fund provides financial assistance to those who would not otherwise be able to participate in our programs and

The Recreation Fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities. If you would like to contribute, you may send a check or "Add Up" on your registration form. Checks may be made out in any amount to the Rockville Recreation Fund and mailed to the Rockville Department of Recreation and Parks, 111 Maryland Ave., Rockville, MD 20850.

"Add Up" For Easy Giving

A great way to contribute to the Recreation Fund is to "Add Up" when you register. Simply round off your payment to the next easy denomination, and enter this additional amount on the Recreation Fund donation line on your registration form.

Thanks to those who have generously contributed to the Recreation Fund in the past and be assured that 100% of the funds collected are awarded in assistance.

The Rockville Recreation Fund is partially supported by the Rockville Rotary Club.

Rockville Recreation Fund FINANCIAL ASSISTANCE

Financial assistance for program fees is available through the Rockville Recreation Fund.

Youth is considered anyone under 17 years or younger, or still in high school. A participant must pay \$10 toward each program fee unless otherwise specified; the fund will cover the balance of the fees up to \$100 maximum per child, per session (Spring, Summer, Fall, Winter.) Any remaining balance of the program fee must be paid by the participant. Financial assistance must be applied for at the time of each registration.

Financial assistance is only available to residents of the City of Rockville. Youth participants must submit verification from any one of the following forms:

- A copy of applicants' Medicaid Card;
- Proof that the participant is being cared for in a certified Foster home;
- · A copy of the Action Taken Notice if the applicant is eligible for the Free or Reduced Lunch Program;
- A WIC Program Card.

Financial assistance for adults is available on a case-by-case basis through the Recreation Fund.

Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

Individuals with disabilities are encouraged to register and participate in Rockville Recreation programs. To adequately plan for a successful and rewarding experience, please contact our office 240-314-8620 two weeks prior to the activity start date. Ample time is needed to secure supplementary auxiliary services and aides. For additional therapeutic program opportunities, please contact the Montgomery County Department of Recreation at 301-468-4540; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats; please contact the ADA Coordinator at 240-314-8100; TTY 240-314-8137.















Subscriptions Available

Yearly subscriptions of our Recreation and Parks Guide are available for \$10 (five issues). Please make checks payable to City of Rockville and mail to: City of Rockville, Department of Recreation and Parks, Attn: Guide Subscription, 111 Maryland Ave., Rockville, MD 20850. Look for our Fall Guide in the mail on or about August 14.

Am I A Rockville Resident?

A resident is any person who resides within the City's corporate limits? Even though your mailing address may be 'Rockville," this does not necessarily mean that you are a city resident.

Do you pay a City of Rockville water bill or do you pay City of Rockville taxes? If you do, you are a resident.

Please call our office at 240-314-8620 if you have any questions regarding residency.

CITY OF ROCKVILLE REGISTRATION FORM - SUMMER 2006

| Home Phone # Girst) Girst) |
|--|
| (last) |
| Family Address: |
| City & state (zip) |
| E-mail Address: |
| SECOND CONTACT: (last) |
| (last) |
| Address: |
| (street) (apt.#) (city & state) (zip) Home Phone # Business Phone # |
| |
| EMERGENCY CONTACT: (other than parent or adult participant) |
| |
| (first) (last) Phone |
| |
| |
| FIRST REGISTRANT: |
| (last) DOB: / / Sex: M/F |
| School Attending (if applicable) Grade (2005-06) |
| Course # Course Name: Fee \$ Course # Course Name: Fee \$ |
| Course reality. |
| SECOND REGISTRANT: |
| (last) DOB: / / Sex: M/F |
| School Attending (if applicable) Grade (2005-06) |
| Course # Course Name: Fee \$ Course # Course Name: Fee \$ |
| |
| METHOD OF PAYMENT: Subtotal \$ |
| Coupon/Gift Certificate \$ Discount: Rec. Fund Sr. Ctr. Mem. Multi-Course \$ |
| Additional Rec. Fund Add-up donation \$ |
| TOTAL AMOUNT \$ |
| |
| Signataure: |
| Office Use Only: Circle mail in - walk in - fax - drop off check cash charge Other |
| Processed by: Date Processed: Total Paid: \$ |

Registration

- Resident Mail, Fax, Drop-off, Phone, Internet, Walk-in Tuesday, May 23, at 8:30 a.m.
- Nonresident Mail, Fax, Drop-off, Phone, Internet, Walk-in Thursday, June 1.

Registration Deadlines

- Please note the registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- A program will be cancelled if registration is insufficent. If a program is cancelled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available in the

Registration Form and Payment

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Please make sure the registration form and payment are complete and correct, and be sure to include the course number(s) on your check. Note: \$25 returned check charge.
- Visa and Master Card also are accepted for payment of programs.

Credits and Refunds

Credits to the family account will be made automatically should staff cancel a course.

Requests for a refund/credit must be in writing, only will be issued for medical reasons and must be accompanied by a letter from your doctor. Refunds will be subject to the following administrative fees: Classes: \$10: Childcare: \$50: Senior Programs: \$10: Sports Leagues: \$100; Trips: \$10. No fee will be charged if family account is credited or if transferred to another program. Refunds will be prorated if program has started. Only credits will be given for registrations under \$20 (exception: Senior programs).

Transfers

• All transfer requests are subject to space availability. All requests must be in writing and accompanied with a check for \$5/activity, \$10/childcare administrative fee, made payable to the City of Rockville.

Discounts

• Multiple class discounts may not be combined. Only one discount will be applied per person/per registration (select multiple class discount or Senior discount).

Facilities

• Program locations may be changed due to MCPS facility availability.

- Weather/Emergency Closings
 When Montgomery County Public Schools (MCPS) close for the day due to a weather/emergency, all Rockville Department of Recreation and Parks programs are cancelled for the day.
- If it rains, most outdoor classes will be cancelled.
- If schools are closed or dismissed early, after-school classes will not be held.
- Please refer to the box of telephone numbers on page 52 for weather emergency telephone numbers
- Check with your instructor about scheduling make-up dates for any cancelled sessions.

Registration Info.

Recreation Fund

• Financial assistance is available to City residents. Refer to page 61 or call 240-314-8620 for more information.

Satisfaction Guarantee

The Department is committed to providing quality programs and facilities. If you are unhappy with our services, we want to know! We will suggest another program for you to try, or if you prefer, we will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

When registering for a City of Rockville activity, the participant assumes all risks associated with participation in the program, and hereby releases and holds harmless and indemnifies the Mayor and Council of Rockville, and all of its agents, officers and employees, from any claims for injuries or losses to participant or other persons or property. The City assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the City encourages each participant to consult his/her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the City's use of any photographs taken or videotapes made of the program. If participant is a minor, the parent/guardian approves the minor's participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled programs.

Five Easy Ways to Register!

rock enroll - Most convenient method. Available 24 hours a day, 7 days a week.

1. Online: Go to www.rockvillemd.gov and click on rock enroll



2. Telephone: 301-762-4284

3. Fax to:

- Rockville City Hall 240-314-8659
- Rockville Municipal Swim Center 240-314-8759
- Rockville Senior Center 240-314-8809
- · Croydon Creek Nature Center 240-314-8779
- Lincoln Park Comm. Center 240-314-8789
- Twinbrook Comm. Rec. Ctr. 240-314-8839

4. Mail To:

- · Rockville City Hall, Dept. of Rec. & Parks., 111 Maryland Ave., Rockville, MD 20850
- · Rockville Municipal Swim Center, 355 Martins La., Rockville, MD 20850
- Rockville Senior Center, 1150 Carnation Dr., Rockville, MD 20850
- Croydon Creek Nature Center 852 Avery Road, Rockville MD 20851
- Lincoln Park Comm. Center 357 Frederick Ave., Rockville MD 20850
- Twinbrook Comm. Rec. Ctr. 12920 Twinbrook Parkway, Rockville MD 20851

5. Drop off:

- · City Hall, Swim Center, Senior Center, TCRC, LPCC & Croydon Creek Nature Center.
- Monday through Friday, 8:30 a.m. 4:30 p.m.

Rockville's Independence Day Celebration



is moving to...

Montgomery College Rockville Campus

51 Mannakee Street

Tuesday, July 4

For more info. www.rockvillemd.gov or 240-314-8620

City of Rockville 111 Maryland Avenue Rockville, Maryland 20850-2364 PRESORTED STANDARD U.S. Postage Paid Rockville, MD Permit No. 63

ECR WSS Local Postal Customer